



Pukekohe Swimming Club and Belgravia Leisure

2020 Squad Format, Pathway and Requirements

- High Performance
- National Performance
- National Development
- Regional Performance
- Regional Development
- Junior

PSC - High Performance Squad

The **High Performance Squad** comprises of swimmers who:

- Have qualified and are targeting NZ Opens
- Have achieved National Medals/Top 5 Placing at NZ Ranked Swimming Competitions
- Have a professional and committed approach to training and performance consistently
- Swimming 8-10x per week, plus 2-5x Gym Sessions (Personal Training will fall under this)
- Has an Incredible training ethic and follows instructions and technical advice when told
- Are targeting various International meets and Swimming NZ Teams
- Working on World Class Standard Skills – Underwaters/Turns/Dives etc.
- Attend 6-7x PSC Club Nights per swimming season
- Swimmers must be over the Age or 18+ or have finished school to be able to train in this group
- Excellent Communication with Coach
- PSC and SNZ Membership

Swimmers in the **High Performance Squad** understand this is the final stage of athletic preparation. The emphasis is on specialization and performance enhancement and have moved on from Age Group Swimming. Swimmers in this group will have more freedom in the pool, and will be training to specific events they are targeting and specializing in. All of the swimmer's physical, technical, tactical, mental and ancillary capacities should now be fully established with the focus shifting to producing the best possible performance. Swimmers are trained to peak for specific competitions and major events, therefore, all aspects of training should be individualized for specific events. These athletes should be true professionals' consistency displaying excellence both in and out of the water. Swimmers should respect and trust in the coaches' leadership and guidance towards their development, and go above and beyond to achieve success at this stage of their swimming career. Swimmers are also expected to be positive role models to the younger squad members, and be willing to help out and promote swimming for Pukekohe Swimming Club and Franklin Pool and Leisure in the future if needed.

- ✓ Must be a registered Swimming NZ competitive member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

All Squad Selections and Placements are at the Discretion of the Head Coach and the Belgravia and PSC Coaching Staff.

PSC - National Performance Squad

The **National Performance Squad** comprises of swimmers who:

- Have qualified and are targeting NZ Age Group Swimming Championships and NZ Short Course Championships
- Have achieved and competed at National Age Groups or are target too
- Made NZ National Age Group Top 15 in an Individual Event
- Have a professional and committed approach to training and performance consistently
- Swimming 7+ session per week, plus 1x Gym Sessions minimum (Personal Training will fall under this)
- Has an outstanding training ethic and follows instructions and technical advice when told
- Working on National Standard Skills – Underwaters/Turns/Dives etc.
- Attend 6-7x PSC Club Nights per swimming season
- Developing Self-Management Skills
- Excellent communication with Coach
- Swimmers must be under the age of 18+ (School Age) to be in this squad, unless unable to commit to high performance squad
- PSC and SNZ Membership

The **National Performance Squad** comprises of swimmers who have qualified and are committed to NAGS and NZSC. At this stage, athletes will be completing their growth spurt, and find great returns on higher energy system training. Technique should now only need refining. Training continues to target aerobic capacity, with a greater focus on race pace work and the anaerobic system. Swimmers should be committed and independent and take ownership of their swimming, as well as be ambassadors of the Pukekohe Swimming Club Culture. Again, Swimmers and also parents should respect and trust in the coaches' leadership and guidance towards their development, and swimmers should go above and beyond to achieve success at this stage of their swimming career.

- ✓ Must be a registered Swimming NZ competitive member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

Squad Selections and Placements are at the Discretion of the Head Coach and the Belgravia and PSC Coaching Staff.

PSC - National Development Squad

The **National Development Squad** comprises of swimmers who:

- Have qualified and are targeting NZ Division 2, NZ Junior Festival
- Are working hard to qualify and be a part of the PSC National Age Group Team in the near future.
- Have a professional and committed approach to training and performance consistently
- Swimming 5x sessions per week, plus 1x Squad Group Fitness Class (Dryland)
- Has an amazing training ethic and follows instructions and technical advice when told by any coach on pool deck.
- Working towards National Standard Skills – Underwaters/Turns/Dives etc.
- Attend 5-6x PSC Club Nights per swimming season
- Developing Self-Management Skills
- PSC and SNZ Membership

Swimmers in the **National Development Squad** are qualified and committed to NZ Division two or NZ Junior Festival, and are working extremely hard to reach and qualify for NAGS. The squad focuses on building the cardiovascular system through endurance work. Training manages a fine balance between swimming longer distances, aerobic interval work, while retaining a continued focus on technique and skills as well as an emphasis on the racing skill set. Swimmers will need to start taking ownership of their swimming and training, and display this on a consistent basis. Swimmers begin to learn how to manage their school work as well as learning the mental aspects of training and racing. Swimmers and also parents should respect and trust in the coaches' leadership and guidance towards their athlete's development, and swimmers should go above and beyond to achieve success on their own choice.

- ✓ Must be a registered Swimming NZ competitive member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

All Squad Selections and Placements are at the Discretion of the Head Coach and the Belgravia and PSC Coaching Staff.

PSC - Regional Performance Squad

The **Regional Performance Squad** comprises of swimmers who:

- Have swam at and competed at Counties and Auckland Championship Swimming Meets
- Are working hard to qualify for Auckland Juniors, NZ Junior Festival or NZ Division 2 Swimming Championships
- Have a positive attitude and committed approach to training and performance consistently
- Swimming at least 4x sessions per week
- Has an amazing training ethic and follows instructions and technical advice when told by any coach on pool deck. And stays focused the whole session.
- Working towards Regional and National Standard Skills – Underwaters/Turns/Dives etc.
- Attend 5x PSC Club Nights per swimming season
- PSC and SNZ Membership

This is the **Regional Performance Squad**, and is for swimmers who have either Counties/ Auckland or Regional qualifying times, and are working towards NZ Junior Festival meet in the near future. The Regional Performance Squad is for swimmers who are displaying good levels of skill and technique and who are performing at Level 3-2 standard. Swimmers begin to learn the fundamentals of how to train, how to set goals, and are now competent at all four strokes. Swimmers will compete at Club Night, Club Champs, and Level 2-3 swimming meets, and represent Pukekohe swimming Club Counties Age Group and Counties Junior Championships, Auckland Junior Champs, and then hopefully NZ Junior Nationals. Swimmers begin to learn how to manage their school work as well as learning the mental aspects of training and racing. The goal of this squad is to lay the technical groundwork before the swimmers move to the Age Group System where they will experience a large increase in training load.

- ✓ Must be a registered Swimming NZ member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

All Squad Selections and Placements are at the Discretion of the Head Coach and the Belgravia and PSC Coaching Staff.

PSC - Regional Development Squad

The **Regional Development Squad** comprises of swimmers who:

- Have achieved junior squad requirements and have been recommended to join this squad and the PSC Swimming Club by their coach.
- Swimming at least 2x sessions per week
- Developing Racing Skills
- Stroke Correction Focused
- Attend 4x PSC Club Nights per swimming season
- PSC and SNZ Membership

This is the first level of competitive swim training offered within Belgravia and Pukekohe Swimming Club. The **Regional Development Squad** is geared towards young swimmers who are new to competitive swimming. The swimmers will begin to develop fundamental skills of all four competitive strokes in a fun and encouraging environment. Swimmers will begin to compete at Club Nights, Club Champs and at Level 3 NZ swimming competitions as well as looking to achieve Counties Junior Championship times and Auckland Junior Championship times. The goal of this squad is to lay the technical and aerobic groundwork before the swimmers move to up to racing at a regional level.

- ✓ Must be a registered Swimming NZ member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

All Squad Selections and Placements are at the Discretion of the Head Coach and the Belgravia and PSC Coaching Staff.

Belgravia - Junior Squad (Bronze) (Club Swimmers)

The **Junior Squad (Bronze Squad)** comprises of swimmers who:

- Have achieved Level 6 of Learn to Swim and have been assessed by a Belgravia Squad Coach
- Swimming at least 1-2x sessions per week
- Developing Racing Skills
- Stroke Correction Focused - Focusing on the fundamentals of all 4 strokes (Drill Work)
- Building an aerobic/endurance base
- Having fun and making new friendships

Junior Squad (Bronze Squad) is the 1st stepping stone out of learn to swim. Its where children will focus heavily on building fitness and an aerobic base as well as continuing to develop fundamentals on all 4x Stroke (Fly/Back/Breast/Free). Swimmers will also start developing racing skills whilst still having fun and creating swimming friendships in a positive team culture. Coaches will coach from pool side, whilst teaching the swimmers swimming acronyms/drills/using the clock/swim set structure etc.

- ✓ Swimmer does **not** have to be a registered Swimming NZ member
- ✓ DD forms for squad training must be signed and handed in at the Franklin Pool and Leisure front desk

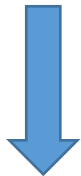
All Squad Selections and Placements are at the Discretion of the Head Coach / Belgravia Learn to Swim Staff/ Belgravia and PSC Coaching Staff.

Competitive Squad Development Pathway

Belgravia Junior Squad
(Bronze Squad)



Belgravia Non Competitive Pathway
Swim Fit60 or Lunchtime Technique Squad
(view next page for details)



Competitive Pathway - Pukekohe Swimming Club Membership
and Registered Swimming New Zealand Membership



Regional Development Squad



Regional Performance Squad



National Development Squad



National Performance Squad



High Performance Squad

Belgravia - SwimFit60 (non-competitive)

The **SwimFit60 Squad** comprises of swimmers who:

- Have achieved Junior Squad (Bronze) and have been assessed by a Belgravia Squad Coach.
- Swimming at least 1-2x sessions per week
- Developing Racing Skills
- Stroke Correction Focused - Focusing on the fundamentals of all 4 strokes (Drill Work)
- Continuing to build an aerobic/endurance base
- Having fun and making new friendships
- Open Water Technique Development
- Adult/Children Fitness Squad

SwimFit60 Squad is a squad for all! Swimmers who do not want to take the competitive club pathway or Adults that want to keep fit or train for a specific event, well this is the perfect squad for you! If you still have a love for the water and want to keep up your swimming fitness, stroke correction, and open water technique etc. then turn up to this squad!

- ✓ Swimmer does **not** have to be a registered Swimming NZ member
- ✓ Please check squad pricing at front office for this squad.

All Squad Selections and Placements are at the Discretion of the Head Coach / Belgravia Learn to Swim Staff/ Belgravia and PSC Coaching Staff.

Belgravia - Lunchtime Technique Squad (non-competitive)

The **Lunchtime Technique Squad** comprises of swimmers who:

- Stroke Correction Focused - Focusing on the fundamentals of all 4 strokes (Drill Work) so that eventually swimmer will be able to swim up and down the pool efficiently and with ease.
- Having fun and making new friendships
- Adult focused class

Lunchtime Technique Squad is purely a technique based squad for adults wanting to develop efficiency within their stroke/strokes. Learning new drills and techniques whilst understanding the fundamentals of the stroke/strokes better and in more detail.

- ✓ Swimmer does **not** have to be a registered Swimming NZ member
- ✓ Please check squad pricing at front office for this squad.

No squad selections for this group. Please see front office to book in.