

Bolton Swimming Club



Bolton SC Athlete Pathway

This document serves as a generic guidance tool for Bolton Swimming Club (Bolton SC) and associated performance clubs that the club's swimmers progress to.

The document constitutes a proposed partnership between Bolton Swimming Club, performance clubs and pool operators to enable the club and performance clubs to formulate a working partnership that will allow the achievement of an agreed plan. The overall outcomes of the partnerships are proposed as:

- Increase athlete participation through transition from Learn to Swim into club environments
- Athlete focused pathway through collaborative working
- Well governed, sustainable clubs and programmes across Bolton

Introductions

Bolton Swimming Club - ensure to support the aquatic pathway as outlined within the appendix documents, ensuring athletes have the opportunity to meet their full potential, by meeting on a regular basis and working together with other local clubs to provide opportunities to club volunteers, staff and officials. Through collaborative work, clubs will concentrate on areas of best practice and work together to raise the standard of swimming, and in turn increase the opportunities for swimmers within the Bolton area.

Performance Club – ensure to support the aquatic pathway as outlined within the appendix documents ensuring athletes have the opportunity to meet their full potential within the performance programme for Bolton. Performance club will be responsible for providing a high-level environment and structure supporting athletes to achieve Regional & National qualifying times. Performance club will encourage swimmers who are members of Bolton SC to compete under their home club at the Lancashire County Championships and use this competition to support the local club.

Roles and Responsibilities

Pool operator will assist with:

- Support the working relationship between Bolton SC and performance club
- Support the athlete pathway as outlined in the appendix documents.
- Provide an opportunity for regular communication between clubs to ensure the partnership is working effectively for all stakeholders.
- Ensure each club has adequate pool time based on Swim England's Maximising Club Pool Time Guidance Tool

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Bolton SC agrees to:

- Promote the athlete pathway to their athletes.
- Develop all swimmers in accordance with groups set out in Appendix 2.
- All swimmers who progress to the performance squad will become dual members of performance club and Bolton SC so safeguarding and Governance standards are met.
- Allow for reduced fees for all performance club swimmers to help promote remaining part of two clubs and assist families with financial help with paying two clubs. To be achieved using Bolton SC fee structure based upon 'number of swims per week'.
- Have conversations with performance club Head Coach regarding swimmers and their competition calendar, allowing for a balanced calendar where the swimmers will attend agreed meets as per the performance club and Bolton SC programmes plus, encourage qualifying swimmers to swim for performance club at regional/national meets.
- In conjunction with the performance club Head Coach signpost swimmers to the agreed pathway, including a conversation between Bolton SC Head Coach and performance club Head Coach once swimmers have reached agreed standard [Appendix 3]
- In conjunction with the performance club Head Coach support the transition of swimmers back to their home programme as per the exit criteria, including a conversation between Bolton SC Head Coach and the performance club Head Coach regarding exit process as per agreement of exit criteria [Appendix 4].
- Engage with Coach Development sessions provided by Swim England and performance club Head Coach.

Performance Club agrees to:

- Promote the athlete pathway to their athletes.
- In conjunction with Bolton SC Head Coach discuss the progression of swimmers to the programme for additional sessions, including a conversation between Bolton SC Head Coach and the performance club Head Coach once swimmers have reached the agreed standard [Appendix 3]
- Encourage all swimmers within the programme to remain a member of their home club and compete under their home club for Lancashire County Championships.
- Swimmers within the programme will compete under performance club for regionals and above plus the performance club open meet programme.
- Have conversations with Bolton SC Head Coach regarding swimmers and their competition calendar, allowing for a balanced calendar between Performance club and Bolton SC programmes.
- In conjunction with Bolton SC Head Coach support the transition of swimmers back to their home programme as per the exit criteria, including a conversation between the Performance club Head Coach and Bolton SC Head Coach regarding the exit process as per agreement of exit criteria [Appendix 4].
- Support Bolton SC Head Coach regarding Lancashire County Championships and local competition (support to be defined and agreed between clubs).

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Confidentiality

Each organisation will ensure that the information that is supplied to any other is subject to appropriate safeguarding and data protection laws.

Each organisation accepts that in certain circumstances a duty of confidence may arise and will between themselves respect legal requirements of confidentiality. Each organisation can only expect to receive information if it treats such information with appropriate discretion.

In particular, the parties accept:

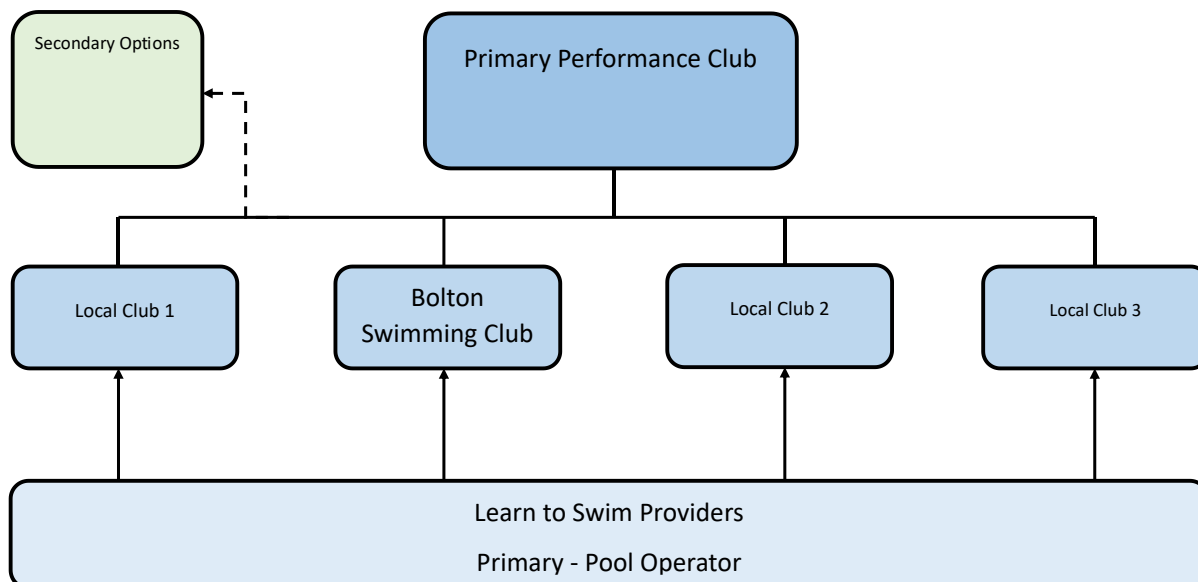
- a) It is for the organisation providing the information to state what, if any, restrictions there should be upon its usage;
- b) Each organisation will treat information which it receives in accordance with the restrictions which are specified as to its usage.

This document is to be reviewed and re-signed annually.

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Appendix 1 – agreed pathway



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Appendix 2 – BSC Development Groups:

The extract below is taken from the club annual plan as a general outline; but it should be noted that development of each swimmer is treated on an individual basis.

Club swimmers will generally be considered for recommendation to progress to a performance squad when they transition to Development Group 3.

However, each swimmer will be advised on an individual basis, and it is important that coach, athlete and parents feel that the timing, level of development and the chosen performance squad are the correct fit for all parties before considering joining.

Development Group 1	Development Group 2	Development Group 3	Development Group 4	Development Group 5	Club
<p>SE Equivalent: Club Link</p> <p>Who? New starters Late starters</p> <p>Aim Teach / develop basic skills Introduce training Develop all four strokes Introduce competition</p> <p>Training 1 or 2 sessions per week (Up to 2hrs) 800m to 1400m per hour</p> <p>Competition Internal club galas BCM Mini League Level 4 meets</p>	<p>SE Equivalent: Early Competitive</p> <p>Who? Developing swimmers Swimmers looking to progress and compete externally as well as internally</p> <p>Aim Develop all four strokes Develop skills Learning about training and competition Provide development to enable swimmer to reach county level</p> <p>Training 2 or 3 sessions per week (2 to 5hrs) 1500m to 2400m per hour Plus land training when appropriate</p> <p>Competition Internal club galas BCM Leagues BCM spring & autumn meets Level 4 meets Selected Level 3 open meets</p>	<p>SE Equivalent: County Development</p> <p>Who? Strong club swimmers Club squad swimmers Former squad swimmers still looking to train and compete with the club</p> <p>Aim Continue skill and tactical development Provide support in bridge to squad Provide complementary training to enhance squad work Maintain links with the club Provide bespoke training to meet goals</p> <p>Training 3 or 4 sessions per week (4 to 7hrs) 1800m to 2700m per hour Plus land training Plus long course when appropriate</p> <p>Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County level</p>	<p>SE Equivalent: Regional Development</p> <p>Who? Higher level club/squad swimmers with County and Regional qualification Continued training with club</p> <p>Aim Continue skill and tactical development Provide complementary training to enhance squad work Maintain links with the club Act as role models Provide bespoke training to meet goals</p> <p>Training 1 or 2 sessions per week (2 to 4hrs) 2000m to 3000m per hour Plus land training Plus long course training</p> <p>Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County and Regional level</p>	<p>SE Equivalent: National Development</p> <p>Who? Club/squad swimmers with or targeting National qualification Continued training with club</p> <p>Aim Continue skill and tactical development Provide complementary training to enhance squad work Maintain links with the club Act as role models Provide bespoke training to meet goals</p> <p>Training Up to 2 sessions per week (2 to 4hrs) 2500m to 3500m per hour Plus land training Plus long course training</p> <p>Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County, Regional and National level</p>	<p>Who? 'Fitness' swimmers Older swimmers no longer competing</p> <p>Aim Provide friendly supportive environment Coach skill and technique Encourage younger swimmers to potentially increase training</p> <p>Training 1 to 3 sessions per week (1 to 3hrs) 1500m to 2400m per hour Plus land training if appropriate</p> <p>Competition Internal club galas BCM Leagues as appropriate Level 4 meets as appropriate</p>

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Appendix 3 – entry criteria to performance club:

The below is general outline, each swimmer will be treated as an individual. It's important that coach and athlete feel it's the correct fit for both parties before joining, achieving 'Entry level standard' criteria doesn't guarantee entry. Set numbers of sessions will be made by the Head Coach based on the needs of individual athletes.

Age	Sessions	Hours	Entry level standard	Average meters per hour	Training focus
11 - 12	5	7	<ul style="list-style-type: none"> - County standard (desirable) - Positive attitude - Willingness to attend the required number of sessions - Can use the pace clock - Streamlining and fly kick to 5m on each push off - Able to repeat 10x50m repetitions kick on 70 second turnaround 	2000 – 3000m	<ul style="list-style-type: none"> - IM based training geared towards 200IM & 200Freestyle - Skills / Technique - Kick - Aerobic Development - Starts and Turns (Race Skills) - Basic introduction to training principles (Negative split, progressive sets, stroke count, DPS)
13 - 14	7 - 9	12 - 15 (1 hour land)	<ul style="list-style-type: none"> - Regional Standard – desirable - County Standard – Considered (3 times including a 200m event) - Positive attitude - Willingness to attend the required number of sessions including multiple mornings 	2500 – 4000m	<ul style="list-style-type: none"> - IM based training geared towards 400m Freestyle & 400m IM - Aerobic Development - Skills / Technique - Kick / Speed / Race Skills
15 +	Up to 9 Individualised	Agreed amount with Head Coach	<ul style="list-style-type: none"> - English National – Desirable (all events considered) - Regional Standard – Considered (Olympic events only) - Positive attitude 	2500 – 4000m	<ul style="list-style-type: none"> - Specific to athletes 'Core' events

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Appendix 4 – exit criteria from performance club:

- Change in personal circumstances such as –
 - Athlete choice to stop swimming
 - Leave to go to University
 - Return to Bolton SC as primary/sole club by choice of Athlete

Considerations:

- Potential reasons why Bolton SC swimmers may exit from performance club:
 - Poor attendance (consistently less than 90% of required sessions set out by Head Coach over a 3-month period)
 - Poor attitude / behaviour
 - Not achieving the desired standard related to age (will be addressed on an individual basis).