

Ulverston ASC – Swimming Pathways

In accordance with the ASA Equity policy and ASA recommendations on Long Term Athlete Development (LTAD) Ulverston has an open policy on membership.

The club is a competitive club welcoming swimmers of all ages and aims to help them achieve their full potential in the sport.

It is extremely important that swimmers are able to access sessions that are suitable to their ability.

LTAD tells us that even outside of the natural variation in ability that occurs in children, swimmers develop at different times during their adolescent years. There can be a physical difference of up to 5 calendar years between boys and girls at the age of 15!

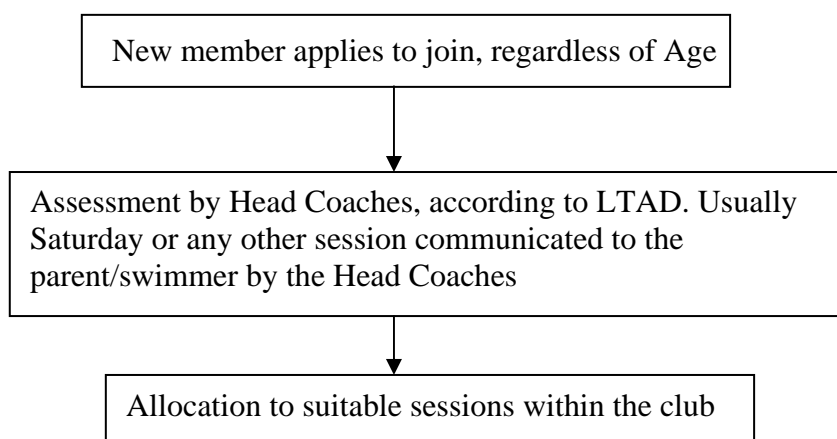
This means that just because a swimmer is swimming with others chronologically younger than themselves doesn't mean that they will not develop into stronger swimmers than those of their own age as time goes by. We have many examples of this already at the club.

Therefore, it is important that the coaches select swimmers to swim together that will result in the correct development required for the individual swimmer at this time and that all sessions flow correctly.

It is well recognised that swimmers can be late developers with some not showing their potential until the ages of 14 or 15. To this end at the club we strive to do our utmost to keep everyone in the pool swimming so that they have the best chance to develop.

Ulverston ASC Swimmers pathway

The way that this process works at Ulverston is as follows;



Should there be insufficient space within the sessions that are suitable for the swimmer, then they shall be placed on a waiting list. Decisions on sufficient space will be determined by the usual lane coach in consultation with the Head Coach and the recommendation passed to the Club Committee for ratification.

The parent/swimmer will then be made aware of the decision and the appropriate fee banding that would be suitable for the sessions to be attended for optimum development.

No swimmers will be able to join without following the process described above.

Session Criteria

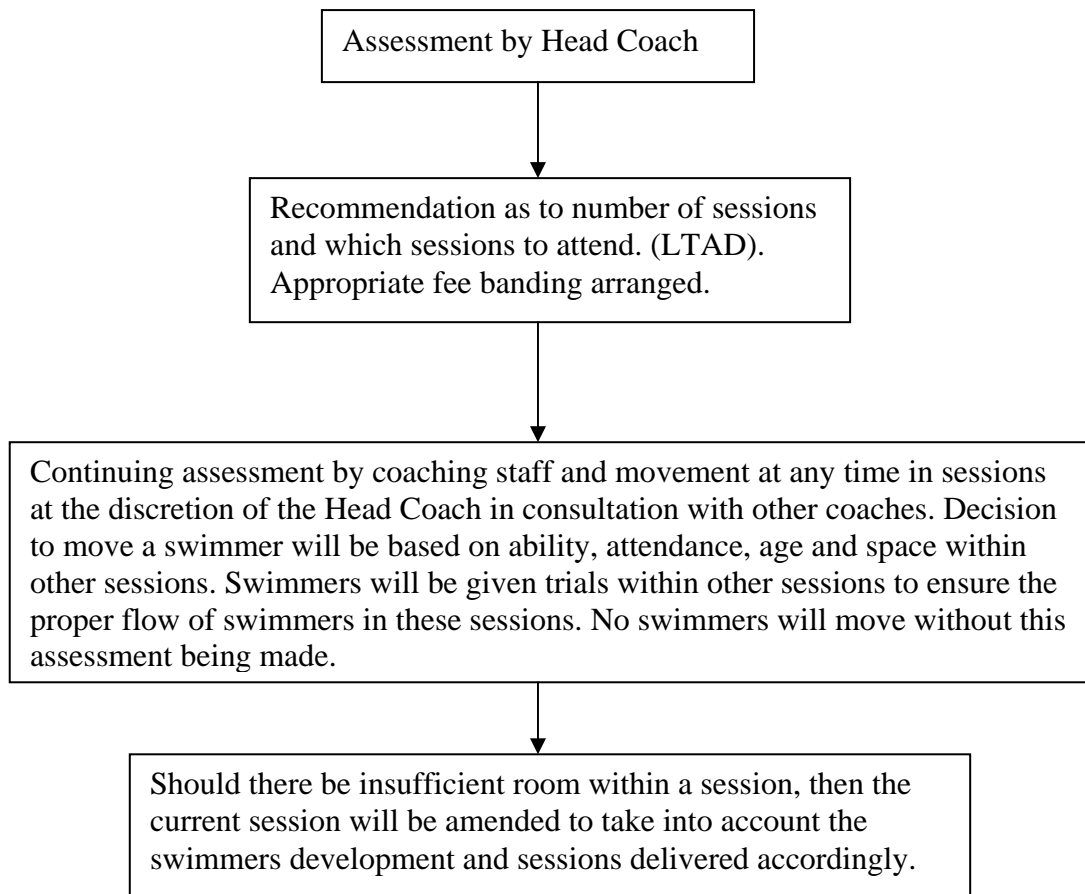
As discussed above, following assessment by the Head Coaches, the swimmers will be allocated suitable training sessions.

- **Core session criteria, applicable to every session. This will be as outlined in the Code of Ethics.**

Any swimmer that does not wish to attend all of the sessions recommended to them will be directed to suitable sessions where they can swim to the level to which they aspire. These swimmers are very important to the club. They may be the late developers of the future and change their minds to swim more sessions, or a decision may have been taken that they do not wish to follow a pathway that moves them to their full potential as a competitive swimmer. This is absolutely within our beliefs as a club and the club will fully support them with their swimming.

Sessions for these swimmers will be constructed in a way to further develop their skills to complement the other activities that they participate within. One hour sessions for this group of swimmers will be suitable for their needs to maintain appropriate fitness.

Competitive Swimmer Pathway



All swimmers in this pathway will be expected to be available for

- Sprint League
- Arena League
- Club Championships
- Open meets. (Designated Meets)
- Inter-Association. (Selected swimmers)
- County Championships
- Regional Championships
- National Championships

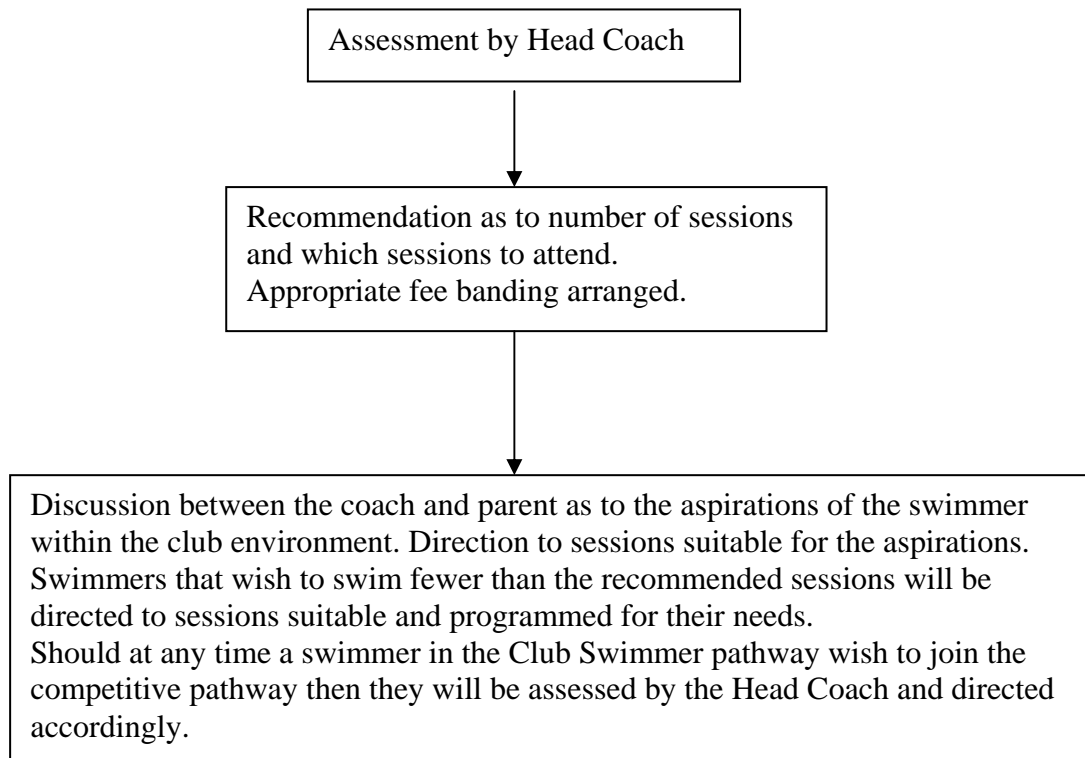
The aim of the competitive group is to achieve a level of performance which will enable them to compete in the above events.

Swimmers in this group should show commitment and meet the following criteria:

- To show determination and commitment during training sessions
- Attend the recommended number of training sessions.
- Commitment to compete in Club Championships and at least one gala outside of Club champs in each 6 month swimming period (Jan-July & Aug-Dec)
- Compete in events that they qualify for in the County Age Group Championships.
- Represent the club in competition, when asked.
- Maintain a log book covering training and competition.

The programme will enable the swimmers to learn the fundamentals of training aimed at their individual requirements. It will include knowledge of the following principles: Warm and swim down, how and when to stretch, nutrition and hydration, mental preparation as well as pre and post competition routines.

Club Swimmer Pathway



The club values both groups of swimmers to the same extent. The club aims to help any swimmer attain the potential to which they aspire within the sport, whether it is an Olympic Champion or for basic fitness.