

PCA JUNIOR SQUAD SWIMMER DEVELOPMENT PATHWAY



Tadpoles	Penguins	Seals
<p>Goals for this squad This is a technique group. The emphasis is on stroke technique and FUN.</p>	<p>Goals for this squad This is the initial entry level for the PCA Junior Squad programme. The emphasis is on stroke technique and FUN.</p>	<p>Goals for this squad Stroke technique and development of training skills are paramount. The emphasis on racing skills is in individual medley (IM). And of course to have FUN.</p>
<p>Swimmers Tadpoles will swim with the Junior Squad coach on Fridays nights and swim in the community programme on Sunday mornings and/or Monday nights To be eligible for this group swimmers must</p> <ul style="list-style-type: none"> • be at least 8 years up and no older than 11yrs. • must be keen to race <p>At the end of the term swimmers may choose to continue in Tadpoles, or return to the community lanes, or move to a squad</p>	<p>Swimmers Aged 6-8 years Swimmers may be invited to join Penguins providing they are 7 years old, can swim freestyle and backstroke, show good training habits and can meet the training and racing expectations of the squad. Swimmers may graduate to Seals at the end of the month of their 8th birthday providing they have shown good training habits, listening skills, attendance and can meet the racing expectations of the Seals squad.</p>	<p>Swimmers Aged 8-10 years Swimmers may be invited to join Seals providing they are 8 years old, can swim freestyle, breaststroke and backstroke, show good training habits and can meet the training and race expectations of the squad. Swimmers may graduate to Swordfish 2 at the end of the month of their 10th birthday providing they have shown good training habits, listening skills, attendance and can meet the racing expectations of the Swordfish 2 squad.</p>
<p>Swimmers in Squad: 12</p>	<p>Swimmers in Squad: 16</p>	<p>Swimmers in Squad: 16</p>
<p>Session Length 45 minutes</p>	<p>Session Length 45 minutes</p>	<p>Session Length 45 minutes</p>
<p>Sessions available Fri 6.00-6.45pm Attendance required every week</p>	<p>Sessions available Wednesday 3.45-4.30pm Friday 4.15-5.00pm Attendance required at least once per week</p>	<p>Sessions available Tuesday 3.45-4.30pm Thursday 3.45-4.30pm Attendance required at least twice per week</p>
<p>Competitions to attend PCA Race Nights Club events Gold coast Meets</p>	<p>Competitions to attend PCA Race Nights Club Events Gold Coast meets</p>	<p>Competitions to attend PCA Race Nights Club Events Gold Coast meets Signature meets</p>
<p>Skill Set Freestyle Backstroke Breaststroke kick Dolphin kick</p>	<p>Skill Set 25m Free/Back/Breast Understanding of Fly 75 IM – Back/Breast/Free</p>	<p>Skill Set 25m Fly 50m Free/Back/Breast 100IM</p>

Swordfish 2	Swordfish 1	Orcas
Goals for this squad Stroke technique and skill development are very important along with fun. To qualify for Wellington Short Course Championships.	Goals for this squad To qualify for Wellington Long and Short Course Championships and still have fun. Competition emphasis is on individual medley development.	Goals for this squad To qualify for Wellington Long and Short Course Championships. Qualify for SNZ Junior Nationals long course – Long Course. Competition emphasis is on individual medley.
Swimmers Aged 8-10 years Swimmers may be invited to join Swordfish 2 providing they are 9 years old, can swim all four strokes, show good training habits and can meet the training and race expectations of the squad. Swimmers may graduate to Swordfish 1 at the end of the month of their 11 th birthday providing they have shown good training habits, listening skills, attendance and can meet the racing expectations of the Swordfish 1 squad.	Swimmers Aged 10-12 years Must be able to swim all four strokes. Swimmers from 10 years old may be invited to join the Swordfish 1 squad providing they can meet the training and racing expectations of the squad. At the end of the month of their 12 th birthday, swimmers will move to the Orcas squad, subject to available space. This is also dependent on their ability to meet the training and attendance expectations of the Orcas squad.	Swimmers Aged 10-12 years Swimmers in Orcas will graduate to the PCA Te Rauparaha Pool Senior Swimming Squad Programme (TPAC) once they turn 13 years old.
Swimmers in Squad: 16	Swimmers in Squad: 16	Swimmers in Squad: 12
Session Length 60 minutes	Session Length 60 minutes	Session Length 90 minutes
Sessions available Mon 4.00-5.00pm Tues 4.00-5.00pm Thurs 4.30-5.30pm Attendance required at least twice per week	Sessions available Mon 5.00-6.00pm Wed 4.30-5.30pm Fri 5.00-6.00pm Attendance required at least twice per week	Sessions available Mon 6.00-7.30pm Tues 5.30-6.30pm Wed 5.30-7.00pm Thurs 5.30-7.00pm Attendance required at least three times per week
Competitions to attend PCA Race Nights / Club Events Gold Coast meets /Signature meets Wellington Short Course Championships	Competitions to attend PCA Race Nights / Club Events Gold Coast meets / Signature meets Wellington Long Course meet Wellington Short Course meet	Competitions to attend PCA Race Nights / Club Events Gold Coast meets / Signature meets Wellington Long Course meet Wellington Short Course meet New Zealand Juniors
Skill Set 25m Fly 50m Free/Back/Breast 100IM	Skill Set 100IM 100m Free/Back/Breast 50m Fly	Skill Set 200IM 200m Free/Back/Breast 400m/800m Free
Equipment required	Equipment required	Equipment required Finis thumb hand paddles Kickboard Short fins Pull buoy Skipping rope Gear bag

Movement between squads

At the end of the February and again in August each year all swimmers in the Junior Development Squad Programme will be assessed.

The assessment for each swimmer in the Junior Development Squad Programme will be as follows:

- Swimmer skill level
- Attendance at squad sessions during the assessment period
- Attitude while attending training
- Results from competitions at the relevant squad level during each assessment period Oct-Feb or Mar-Aug
- Junior Coach recommendations to move a swimmer will be reviewed by the Head Coach by the end of the first week in March and September
- Head Coach may attend squad sessions to assess any swimmer recommended for a squad change
- Parents are informed of the proposed squad change to the new squad – currently via email from Viv Morton
- All changes will be confirmed to coincide with the start of the school first and third terms
- A swimmer younger than 13 years old may be considered for the TPAC squad if it is in the best interests of the swimmer in consultation with both coaches, the swimmer and their parents, and the Club President

Should a swimmer not wish to move to the next squad group then they will be moved to the non-competitive programme of PCA. Should they wish to be reconsidered for a squad they may be re-assessed and moved into the relevant squad.