



# **SWIMMER PATHWAYS (SQUADS)**

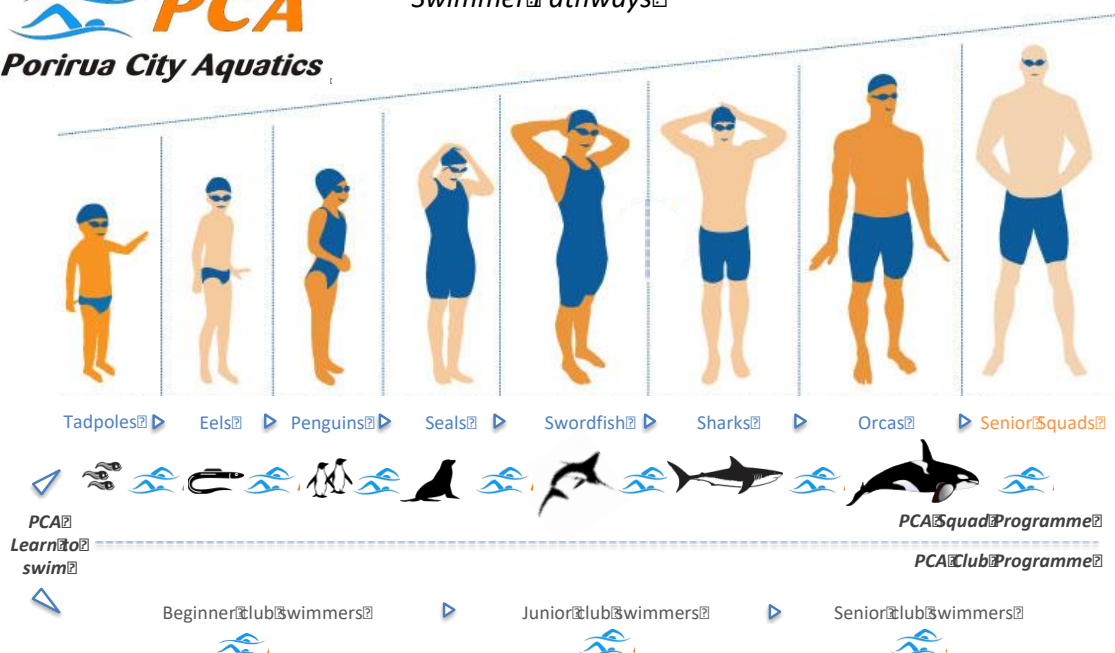
Updated:  
15 June 2019

## Contents

PCA COMPETITIVE SQUADS.....	3
Expectations of Swimmers - All Squads .....	3
Communication with Coaches.....	4
Parent/caregiver Support .....	4
Overview of the Pathway (in order of ability).....	5
Assessment Process .....	6
Swim Wellington (SC) Winter Champs Qualifying Times .....	6
Junior Competitive Squads.....	7
Tadpoles Squad .....	8
Eels Squad .....	9
Penguins Squad .....	10
Seals Squad .....	11
Swordfish Squad.....	12
Sharks Squad .....	13
Orcas Squad .....	14
Senior Competitive Squads .....	15
Senior Squad Lane 1.....	16
Senior Squad Lane 2.....	17
Senior Squad Lane 3.....	18



### Swimmer Pathways



## PCA COMPETITIVE SQUADS

At PCA, we group swimmers by ability into an appropriate competitive squad with swimmers of similar skill levels. To find out what squad your swimmer will be in, you will need to have them assessed by one of our coaches. The expectations and squad descriptions set out in this guide will be referred to when deciding where your swimmer might fit.

Each competitive squad has a Goal which, when achieved, is one indicator of a swimmer's readiness to advance to the next squad. Other indicators include how well the swimmer is meeting the Club's Expectations for all squad members.

Each squad also has a Racing Requirement (except Tadpoles and Eels) that can be met by entering and competing at appropriate swimming meets.

### Expectations of Swimmers - All Squads

- Junior Squad swimmers are ideally between the ages of 7½ and 12 years old, older swimmers may be considered at the coach's discretion
- Senior squads are at least 13 years old, younger swimmers may be considered at the coach's discretion
- Demonstrate age-appropriate social skills
- Maintain age-appropriate focus for the entire duration of training
- Demonstrate appropriate competitive drive and good sportsmanship
- Strive for continued self-improvement
- Show respect to coaches, officials, volunteers and other swimmers
- Strive to reach their squad's Goal by:
  - regularly attending the recommended number of sessions per week for their squad
  - meeting the Racing Requirements of their squad
- Meet the Racing Requirements of the squad by:
  - regularly attending swimming meets identified as appropriate for their squad; and
  - qualifying for the regional or national meet identified as appropriate for their squad.

Where the above expectations are unable to be met, the swimmer may be guided to the relevant Club Programme at their ability level.

## Communication with Coaches

We encourage parents seeking communication related to their child's progress to email the Coach in the first instance.

## Parent/caregiver Support

### *Junior Squads*

If in attendance, parents/caregivers are encouraged to sit in the grandstand during training sessions so as to ensure the important relationship between swimmer and coach is focused and not distracted.

Parents/caregivers are otherwise welcome to arrive 10 minutes prior to the end of each session to pick up swimmers.

### *Senior Squads*

If in attendance, parents/caregivers are encouraged to sit at the turn end of the pool during training sessions so as to ensure the important relationship between swimmer and coach is focused and not distracted.

Parents/caregivers are otherwise welcome to arrive 10 minutes prior to the end of each session to pick up swimmers.

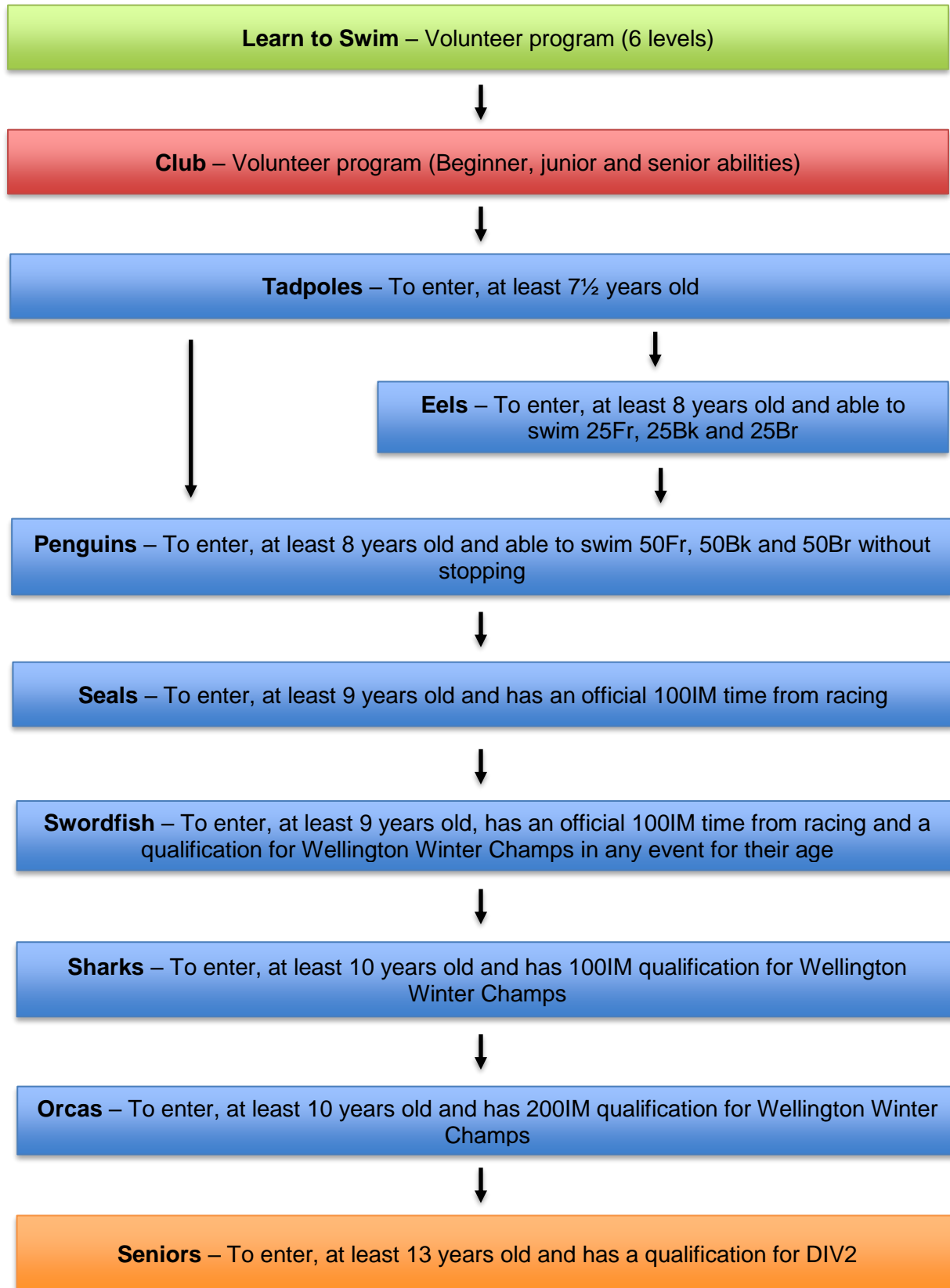
## *Health and Safety and Well-Being*

Swimmers are not to attend training if they are **sick, injured** or **have a cold /cough**. If swimmers do come to training with any of the above, they will be sent home.

Swimmers must bring with them to the pool on every occasion (for training and for competitions) a filled drink bottle and any necessary medication related to breathing, such as an asthma inhaler.

Parents are asked to familiarise themselves with the Club's Health and Safety policy available on poolside notice boards and on the club website [www.swimporirua.co.nz](http://www.swimporirua.co.nz).

## Overview of the Pathway (in order of ability)



This is just an overview, for more details on squad entry please look at the individual squad information.

## Assessment Process

Assessments for Junior Squads are completed at the end of each school term by the Junior Squad coach. Once completed, possible squad movements will be discussed with the Head Coach and then passed onto the Club President to advise parents.

Senior Squad assessments are completed as required by the Head Coach.

Swimmers new to PCA will be assessed and allocated a squad based on their ability and previous racing experience providing there is space available within a squad.

Any squad movement is subject to openings available and at the coach's discretion.

## Swim Wellington (SC) Winter Champs Qualifying Times\*

2019 QUALIFYING TIMES																																			
MALE								FREESTYLE								FEMALE																			
9/U	10	11	12	13	14	15	16+	50	100	200	400	9/U	10	11	12	13	14	15	16+	50	100	200	400	9/U	10	11	12	13	14	15	16+	50	100	200	400
0.45	0.43	0.42	0.40	0.35	0.34	0.34	0.33					0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35					0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35				
1:32	1:30	1:24	1:20	1:12	1:08	1:08	1:08					1:32	1:30	1:24	1:20	1:14	1:10	1:10	1:10					1:32	1:30	1:24	1:20	1:14	1:10	1:10	1:10				
3:17	3:17	3:02	2:53	2:38	2:34	2:32	2:28					3:17	3:17	3:02	2:53	2:44	2:42	2:41	2:39					3:17	3:17	3:02	2:53	2:44	2:42	2:41	2:39				
6:10	6:10	6:10	6:10	5:35	5:24	5:24	5:24					6:10	6:10	6:10	6:10	5:50	5:42	5:42	5:38					6:10	6:10	6:10	6:10	5:50	5:42	5:42	5:38				
MALE								BACKSTROKE								FEMALE																			
9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200			
0.51	0.50	0.48	0.45	0.40	0.39	0.38	0.37				0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40				0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40						
1:46	1:42	1:36	1:28	1:24	1:20	1:20	1:20				1:46	1:42	1:36	1:28	1:24	1:24	1:24	1:24				1:46	1:42	1:36	1:28	1:24	1:24	1:24	1:24						
3:35	3:35	3:22	3:10	3:00	2:55	2:50	2:49				3:35	3:35	3:24	3:14	3:06	3:01	3:00	2:58				3:35	3:35	3:24	3:14	3:06	3:01	3:00	2:58						
MALE								BREASTSTROKE								FEMALE																			
9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200			
0.59	0.56	0.52	0.49	0.45	0.44	0.43	0.42				0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44				0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44						
2:14	2:00	1:52	1:47	1:36	1:33	1:32	1:31				2:05	1:55	1:43	1:40	1:39	1:38	1:38	1:37				2:05	1:55	1:43	1:40	1:39	1:38	1:38	1:37						
4:09	4:09	3:48	3:38	3:21	3:14	3:12	3:10				4:00	4:00	3:40	3:29	3:28	3:27	3:20	3:20				4:00	4:00	3:40	3:29	3:28	3:27	3:20	3:20						
MALE								BUTTERFLY								FEMALE																			
9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200	9/U	10	11	12	13	14	15	16+	50	100	200			
0.54	0.50	0.47	0.44	0.40	0.39	0.39	0.38				0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40				0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40						
2:00	1:52	1:43	1:40	1:28	1:25	1:24	1:24				2:00	1:53	1:44	1:41	1:35	1:30	1:29	1:28				2:00	1:53	1:44	1:41	1:35	1:30	1:29	1:28						
3:35	3:35	3:35	3:35	3:08	3:06	3:04	3:03				3:40	3:40	3:40	3:40	3:25	3:20	3:20	3:18				3:40	3:40	3:40	3:40	3:25	3:20	3:20	3:18						
MALE								INDIVIDUAL MEDLEY								FEMALE																			
9/U	10	11	12	13	14	15	16+	100	200	400	9/U	10	11	12	13	14	15	16+	100	200	400	9/U	10	11	12	13	14	15	16+	100	200	400			
1:50	1:40	1:36	1:32	1:26	1:24	1:24	1:24				1:50	1:40	1:36	1:32	1:26	1:24	1:24	1:24				1:50	1:40	1:36	1:32	1:26	1:24	1:24	1:24						
3:20	3:20	3:14	2:56	2:50	2:50	2:50	2:50				3:20	3:20	3:14	3:04	3:00	3:00	3:00	3:00				3:20	3:20	3:14	3:04	3:00	3:00	3:00	3:00						
7:00	7:00	7:00	7:00	6:31	6:24	6:24	6:18				7:00	7:00	7:00	7:00	6:53	6:47	6:47	6:43				7:00	7:00	7:00	7:00	6:53	6:47	6:47	6:43						

\*Will be updated annually

# **Junior Competitive Squads**

Coach: Ben Walsh

Swimmers: 7½ - 12 years old

## Tadpoles Squad

### Goal of the squad:

This is a squad with an emphasis on stroke technique and getting use to the expectations of being in a competitive squad.

### To enter this squad, a swimmer ideally must:

- Be at least 7½ years of age
- Be able to swim a 25 freestyle without stopping
- Be able to swim a 25 backstroke without stopping
- Be able to swim a 25 breaststroke without stopping

Ideally swimmers should not stay in Tadpoles for any longer than two terms. Where parents turn down the opportunity for squad promotion, their swimmer may be asked and guided to the club program to give someone else the opportunity.

### Session length:

45 minutes

### 3 Sessions available:

Sunday morning 8.00-8.45am or 8.45-9.30am and/or Monday at a time advised by the Club Coach, Fri 6.15-7.00pm (with Ben Walsh).

### Attendance:

We encourage a commitment to attending at least one Club session and the Friday session.

### Meets:

We expect all swimmers in this squad to participate in Club Nights and Club Events. Additional meets are encouraged, but not required.



## Eels Squad

### **Goal of the squad:**

This is a squad with an emphasis on stroke technique and taking a small step towards the competitive training squads.

### **To enter this squad, a swimmer must:**

- Be at least 8 years of age
- Be able to swim a 25 freestyle without stopping
- Be able to swim a 25 backstroke without stopping
- Be able to swim a 25 breaststroke without stopping

### **Session length:**

45 minutes

### **3 Sessions available:**

Sunday morning 8.00-8.45am or 8.45-9.30am and/or Monday at a time advised by the Club Coach, Fri 3.45-4.30pm (with Ben Walsh).

### **Attendance:**

We encourage a commitment to attending at least one Club session and the Friday session.

### **Meets:**

We encourage participation in Novice and Gold Coast Meets. We expect all swimmers in this squad to participate in Club Nights and Club Events. Additional meets are encouraged, but not required.

## **Penguins Squad**

### **Goal of the squad:**

To gain an official 100IM time from racing, this will demonstrate they can do all four strokes as well as legal turns.

### **To enter this squad, a swimmer must:**

- Be at least 8 years of age
- Be able to swim a 50 freestyle without stopping
- Be able to swim a 50 backstroke without stopping
- Be able to swim a 50 breaststroke without stopping

### **Session length:**

45 minutes

### **2 Sessions available:**

Wed 3.45-4.30pm, Fri 4.30-5.15pm

### **Attendance:**

We encourage a commitment to attending all available sessions.

### **Meets:**

We expect all swimmers in this squad to participate in Club Nights, Club Events and Gold Coast Meets. Additional meets are encouraged, but not required.

## Seals Squad

### **Goal of the squad:**

To improve their 100IM time in race meets and to qualify for the Wellington Winter Champs in any event for their age group.

### **To enter this squad, a swimmer must:**

- Be at least 9 years of age
- Have been racing throughout the past term
- Are currently in the Penguins squad
- Have an official 100IM time

### **Session length:**

45 minutes

### **2 Sessions available:**

Tue 3.45-4.30pm, Thu 3.45-4.30pm

### **Attendance:**

We encourage a commitment to attending all available sessions

### **Meets:**

We expect all swimmers in this squad to participate in Club Nights, Club Events, Gold Coast Meets and the Junior Festival. Additional meets are encouraged, but not required.

## Swordfish Squad

### Goal of the squad:

To qualify for the Wellington Winter Champs in a 100IM for their age group.

### To enter this squad, a swimmer must:

- Be at least 9 years of age
- Have been racing throughout the past term
- Are currently in the Seals squad
- Have an official 100IM time
- Have qualified for the Wellington Winter Champs in any event for their age group

### Session length:

60 minutes

### 3 Sessions available:

Mon 4.00-5.00pm, Tue 4.30-5.30pm, Thu 4.30-5.30pm

### Attendance:

We encourage a commitment to attending all available sessions.

### Meets:

We expect all swimmers in this squad to participate in Club Nights, Club Events, Gold Coast Meets, Tier One/Two meets (if qualified) and the Wellington 12&U Champs. Additional meets are encouraged, but not required.

## Sharks Squad

### Goal of the squad:

To qualify for the Wellington Winter Champs in a 200IM for their age group.

### To enter this squad, a swimmer must:

- Be at least 10 years of age
- Have been racing throughout the past term
- Are currently in the Swordfish squad
- Have qualified for the Wellington Winter Champs in a 100IM for their age group

### Session length:

60 minutes

### 3 Sessions available:

Mon 5.00-6.00pm, Wed 4.30-5.30pm, Fri 5.15-6.15pm

### Attendance:

We encourage a commitment to attending all available sessions.

### Meets:

We expect all swimmers in this squad to participate in Club Nights, Club Events, Gold Coast Meets, Tier One/Two meets (if qualified) and Wellington Championships Meets as well as other team based away meets that the Club may choose to attend. Additional meets are encouraged, but not required.

## Orcas Squad

### **Goal of the squad:**

To qualify for DIV2 in any event for their age group.

### **To enter this squad, a swimmer must:**

- Be at least 10 years of age
- Have been racing throughout the past term
- Are currently in the Sharks squad
- Have qualified for the Wellington Winter Champs in a 200IM for their age group

### **Session length:**

90 minutes

### **4 Sessions available:**

Mon 6.00-7.30pm, Tue 5.30-7.00pm, Wed 5.30-7.00pm, Thu 5.30-7.00pm

### **Attendance:**

We encourage a commitment to attending all available sessions.

### **Meets:**

We expect all swimmers in this squad to participate in Club Nights, Club Events, Tier One/Two meets (if qualified), Wellington Championship Meets and the Auckland Junior Champs as well as other team based away meets that the club may choose to attend. Additional meets are encouraged, but not required.

# **Senior Competitive Squads**

Coach: Nevill Sutton

Swimmers: 13 years old and over

## Senior Squad Lane 1

### Goal:

To qualify for Wellington Long Course and Short Course Champs. Qualify for Auckland Age Groups Champs Long Course. Division 2 and National Age Groups qualification could also be achieved in this squad.

This is a competitive squad and swimmers are expected to be competing regularly as per the squad competition plan.

### To enter this squad, a swimmer must:

- Be at least 13 years of age
- Have been racing throughout the past term
- Are currently in the Orcas squad
- Have qualified for DIV2 in any event for their age group

### Overview:

The program focus of the TPAC Senior squad is on swimming biomechanics with attention to stroke refinement and racing techniques and conditioning. The backbone of the structure is Individual Medley (IM) training. Swimmers in this group are expected to keep a monthly log book of sessions attended which is to be handed in to the coach at the end of each month.

A regular parent / swimmer + coach meeting will be held each term to discuss on going planning and where the athlete is at.

### Session length:

#### *Morning:*

Mon 5.15 – 7.00am, Tues 5.15 – 7.00am, Wed 5.15 – 7.00am, Thurs 5.15 – 7.00am, Fri 5.15 – 7.00am - **Dryland 5.15 – 5.30am – Skipping and Stretching**

#### *Evening:*

Mon 5.00 –7.00pm, Wed 5.00 –7.00pm, Fri 5.00 –7.00pm - **Dryland 5.00 – 5.25pm**

### Attendance:

New to squad from Orcas: **Mon + Wed + Fri pm (3) sessions**

After first month: **Tues + Thurs am Mon + Wed + Fri pm (5) sessions**

### Meets:

We expect all swimmers in this squad to participate in some Club Events and other Meets in order to qualify for the Wellington Long and Short Course Championships as well as other team based away meets that the club may choose to attend. A competition plan for all swimmers is provided with meets that coaches will be attending. Additional meets are encouraged, but not required.



## Senior Squad Lane 2

**Goal:** To qualify for New Zealand Division 2 Championships, New Zealand Age Group Championships, NZ Short Course Champs

**To enter this squad, a swimmer must:**

Be an active competitor and be willing to attend training sessions as set.

**Overview:**

The program focus of the TPAC Senior squad is on swimming biomechanics with attention to stroke refinement, racing techniques and conditioning. The backbone of the structure is Individual Medley (IM) training. Swimmers in this group are expected to keep a monthly log book of sessions attended which is to be handed in to the coach at the end of each month.

A regular parent / swimmer + coach meeting will be held each term to discuss on going planning and where the athlete is at.

**Session length:**

*Morning:*

Mon 5.15 – 7.00am, Tues 5.15 – 7.00am, Wed 5.15 – 7.00am, Thurs 5.15 – 7.00am, Fri 5.15 – 7.00am - **Dryland 5.15 – 5.30am – Skipping and Stretching**

*Evening:*

Mon 5.00 –7.00pm, Wed 5.00 –7.00pm, Fri 5.00 –7.00pm - **Dryland 5.00 – 5.25pm**

**Attendance:**

Mon am Wed am Fri am + Mon pm Wed pm Fri pm **(6) sessions a week**

**Meets:**

We expect all swimmers in this squad to participate in some Club Events and other Meets in order to qualify for the Wellington Long and Short Course Championships as well as other team based away meets that the club may choose to attend.

Qualification and attendance at National Meets is an expected outcome from this squad. Additional meets are encouraged; any meets outside of the listed competition plan are to be discussed with the coach.

## Senior Squad Lane 3

**Goal:** To qualify for New Zealand Age Group Championships, New Zealand Short Course Championships, New Zealand Open Nationals.

**To enter this squad, a swimmer must:**

Must have previously qualified for Div 2, NZ Age Groups, NZ Short Course or NZ Opens.

**Overview:**

The program focus of the TPAC Senior squad is on swimming biomechanics with attention to stroke refinement and racing techniques and conditioning. The backbone of the structure is Individual Medley (IM) training with some stroke specialisation being an accepted part of the athlete's progress. Swimmers in this group are expected to keep a monthly log book of sessions attended which is to be handed in to the coach at the end of each month.

A regular parent / swimmer + coach meeting will be held each term to discuss on going planning and where the athlete is at.

**Session length:**

*Morning:*

Mon 5.15 – 7.00am, Tues 5.15 – 7.00am, Wed 5.15 – 7.00am, Thurs 5.15 – 7.00am, Fri 5.15 – 7.00am - **Dryland 5.15 – 5.30am – Skipping and Stretching**

*Evening:*

Mon 5.00 –7.00pm, Wed 5.00 –7.00pm, Fri 5.00 –7.00pm - **Dryland 5.00 – 5.25pm**

**Attendance:**

Swimmers 16 years and over are to attend 8 sessions a week,  
Swimmers 14 years – 15 are to attend 6 or 7 sessions' – this can vary dependent on discussions with the coach

**Meets:**

We expect all swimmers in this squad to participate in some Club Events and other Meets in order to qualify for the Wellington Long and Short Course Championships as well as other team based away meets that the club may choose to attend.

Qualification and attendance at National Meets is an expected outcome from this squad. Additional meets are encouraged; any meets outside of the listed competition plan are to be discussed with the coach.