

YASC Coaching Plan 2022/2023

Our Aim

- To provide professional coaching services for our swimmers ranging in ability from novice to competitive swimmers and masters
- To maximise all swimmer's physical potential and the enjoyment of swimming
- To provide an appropriately graduated program of skill and physical development that suits the individual age and level of physical maturity

Our Philosophy

- To coach with enthusiasm and commitment, with dedication and great skills to the very best of our ability
- To ensure our qualifications are up to date and increase our skills and knowledge base
- To learn and grow and improve as coaches
- To install a love of swimming in every swimming club member

Our Coaching Team

- Our Coaching Team consists of:
 - Kylie Rutter
 - Belinda Graham
 - Emma Bigwood
 - Ellie Rutter
 - Casual coaches (Dee McEvoy, Natalie Buck, Alison Clark, Renee Williams)

Squad Training Times 2022/2023

Squad Level	Squad Group	Monday PM	Tuesday AM	Tuesday PM	Wednesday AM	Thursday AM	Thursday PM	Friday AM
Mini Squads	Tadpoles	Rest day for all squad levels		3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Goldfish			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Sharks			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
Junior Squads	Green		6.00-7.00am	3.30-4.10pm	6.00-7.00am	6.00-7.00am	3.30-4.10pm	6.30-7.30am
	Bronze		6.00-7.00am	4.10-5.00pm	6.00-7.00am	6.00-7.00am	4.10-5.00pm	6.30-7.30am
Senior Squads	Silver		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Gold		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Masters		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am

Friday morning sprint training sessions are open to all YASC squad members and will begin on 2nd December 2022.

Squad Levels Pathway

Squad Level	Squad Group	Level	Entry Level Ability	Aim	Sessions Available Per Week
Mini Squads Swimmers must be able to swim continuously for a minimum of 40minutes	Tadpoles	For swimmers progressing from learn to swim	<ul style="list-style-type: none"> ▪ Must be able to swim 25m of freestyle and backstroke ▪ Developing breaststroke and butterfly 	<ul style="list-style-type: none"> ▪ To improve technique in all strokes ▪ To learn bilateral breathing and simple drills ▪ To improve diving skills 	3 sessions per week
	Goldfish	For swimmers progressing from tadpoles	<ul style="list-style-type: none"> ▪ Must be able to swim 25m of freestyle, backstroke and breaststroke ▪ Continuing to develop butterfly 	<ul style="list-style-type: none"> ▪ To improve technique in all strokes ▪ To learn bilateral breathing and simple drills ▪ To improve diving skills 	3 sessions per week
	Sharks	For swimmers progressing from marlins	<ul style="list-style-type: none"> ▪ Working towards being able to swim 50m of freestyle, backstroke and breaststroke ▪ Must be able to swim 25m of butterfly ▪ Must have a strong streamline position 	<ul style="list-style-type: none"> ▪ To improve swimmer's technique in all strokes ▪ To learn basic turns, drills and diving skills ▪ To help prepare for club nights and competition 	3 sessions per week
Junior Squads	Green	For swimmers progressing from mini squads	<ul style="list-style-type: none"> ▪ Swimmers must be able to swim 50m of freestyle, back stroke, breaststroke and butterfly with good technique ▪ Must be able to swim up to 2km per session 	<ul style="list-style-type: none"> ▪ To improve swimmer's technique in all strokes ▪ To introduce racing skills and drills ▪ To encourage swimmers to participate in competitive swimming events 	6 sessions per week
	Bronze	For swimmers progressing from green	<ul style="list-style-type: none"> ▪ Swimmers must be able to swim 100m of freestyle, backstroke, butterfly and breaststroke with good technique ▪ Swimmers must be able to swim up to 3km per session 	<ul style="list-style-type: none"> ▪ To improve swimmer's technique in all strokes ▪ To develop racing skills and drills ▪ To encourage swimmers to participate in competitive swimming events ▪ To increase training workload 	6 sessions per week
Senior Squads	Silver	For swimmers progressing from bronze	<ul style="list-style-type: none"> ▪ Swimmers must be able to swim 200m of freestyle, backstroke, butterfly and breaststroke with good technique ▪ Swimmers must be able to swim up to 4km per session ▪ Age will be taken into consideration for this squad level 	<ul style="list-style-type: none"> ▪ To improve swimmer's technique in all strokes ▪ To develop racing skills and drills ▪ To encourage swimmers to participate in competitive swimming events ▪ To increase training workload 	6 sessions per week

	Gold	For swimmers progressing from silver	<ul style="list-style-type: none"> ▪ Swimmers must be able to swim 200m of each stroke, 200IM, 400IM and 400m freestyle ▪ Swimmers must be committed to training ▪ Swimmers must be able to swim up to 4km or more per session ▪ Age will be taken into consideration for this squad level 	<ul style="list-style-type: none"> ▪ To provide professional training program for swimmers wanting to compete at a high level of swimming ▪ To give swimmers the chance to qualify for NSW Country, NSW State and to aim for national age qualifying times 	6 sessions per week
	Masters	For any adult who wishes to swim	<ul style="list-style-type: none"> ▪ Swimming for fitness and fun ▪ Participating in competition is up to each individual 	<ul style="list-style-type: none"> ▪ Improve fitness levels ▪ Do what you feel comfortable with 	6 sessions per week

Weekly Session Plan

- PT/gym sessions are recommended by the coaches when there is no pool session
- PT/gym sessions can be organised through your own PT or gym of your choice
- PT/gym sessions are at your own expense
- PT/gym sessions are recommended for swimmers aged 13 years and over

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	PT/gym session or run	Pool session for junior and senior squads	Pool session for junior and senior squads	Pool session for junior and senior squads	Pool session for all club members
PM	Rest	Pool session for all squad levels	Rest	Pool session for all squad levels	Club night

The coaching team will follow a coaching pathway that includes multiple program phases

To get the maximum benefit from this program, you must attend all pool training sessions

Information on targeted carnivals will also be displayed in the Clubhouse and via email