



SWIMMING ACADEMY

Pathway Guide

The Academy has a progressive four step pathway. Please see below for further details of each squad, along with the entrance criteria for each of our training squads:

1. Swim Skills Squad (Typically Years 2 to 6)

To join the Talbot Heath Swim Skills squad, pupils must be able to complete the following competently:

- 25m Front Crawl showing the correct breathing technique
- 25m Backstroke with correct arm timing
- 25m Breaststroke showing the correct timing
- 10m Butterfly kick showing a continuous technique
- Perform a forward roll
- Shower, change and brush hair independently without parent/adult/ child supervision and be able to prepare for the school day
- Pupils in Year 2 will be able to join this squad from the Summer Term once they have become used to the school and can change independently
- Pupils will work towards Levels 1 to 3 of the Swim England Club Awards
- Pupils will work towards the Swim England Preliminary Competitive Start Award
- Pupils will work towards achieving Talbot Heath Speed Performance Awards

2. Development Squad (Typically Year 4 and upwards)

To join the Talbot Heath Development squad, pupils must be able to complete the following competently:

- Complete a 100m IM showing legal strokes and the correct turns
- Complete 200m Freestyle showing correct breathing
- 50m Backstroke with the correct competitive turn
- 50m Breaststroke with the correct competitive turn
- 2 x 25m Butterfly with a 15-second rest with/without fins
- Dive into the deep end of the pool
- Have competed in internal or external competitions
- Pupils will work towards Levels 4 to 6 of the Swim England Club Awards
- Pupils will work towards the Swim England Competitive Start Award
- Pupils will work towards achieving Talbot Heath Speed Performance Awards

3. Competitive Squad (Typically Year 5 and upwards)

Pupils must be close to or have qualified for County events and have Swim England Ranking recorded times in a minimum of 200m Free and 200m IM.

4. Performance Squad (only be from Year 7 upwards)

- Pupils must have competed in a County Championships Final and be close to or have gained Regional qualifying times in at least two events, one being in an event over 100m.
- Pupils must demonstrate a resilient, hard-working, driven and hungry attitude to be considered for this squad.