

## Everton SA

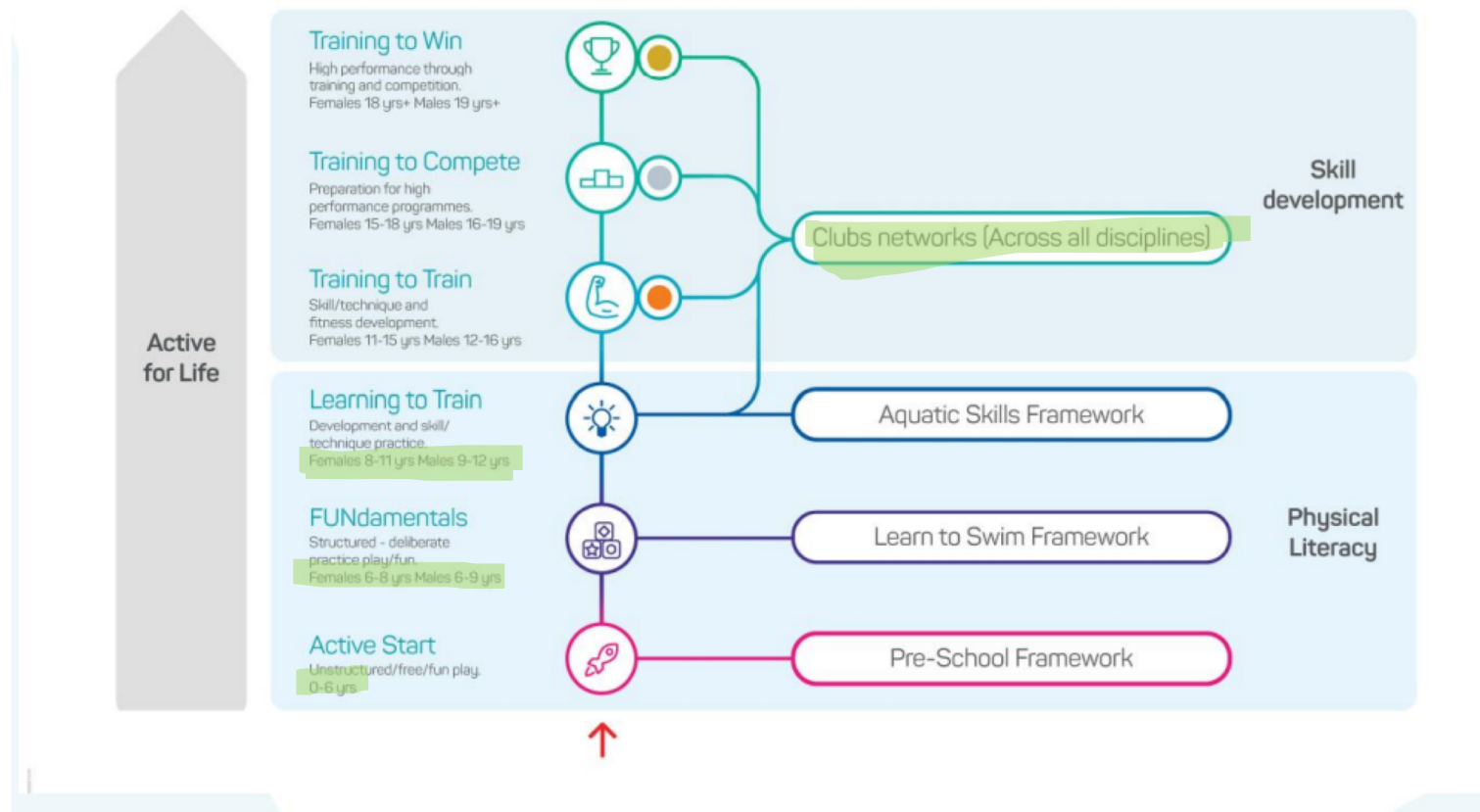
### Swim England Optimal Athlete Development Support Pathway (ADSP) and alignment for coaching structure

- Key issues:
  - Need to ensure that as a club we are aligned to Swim England Development pathway
  - Alignment of all groups from first learn to swim through to Gala competition – Aim for Lancashire and North West qualification
  - Ensuring that our competitive swimmers are given the training to develop towards their potential
  - Highlighting talent for progression
  - Need to offer option for swimmers who want to “swim for life” but maybe not to competitive level.

# Swim England's Athlete Development Support Pathway (ADSP):

Framework to develop swimmers from first learning to swim through to International gala level, and also swimming for life

## Athlete Development Support Pathway



## Athlete Development Support Pathway (ADSP)

### What is it?

The ADSP is the swimming-specific version of the Athlete Development Model.

### What does the model represent?

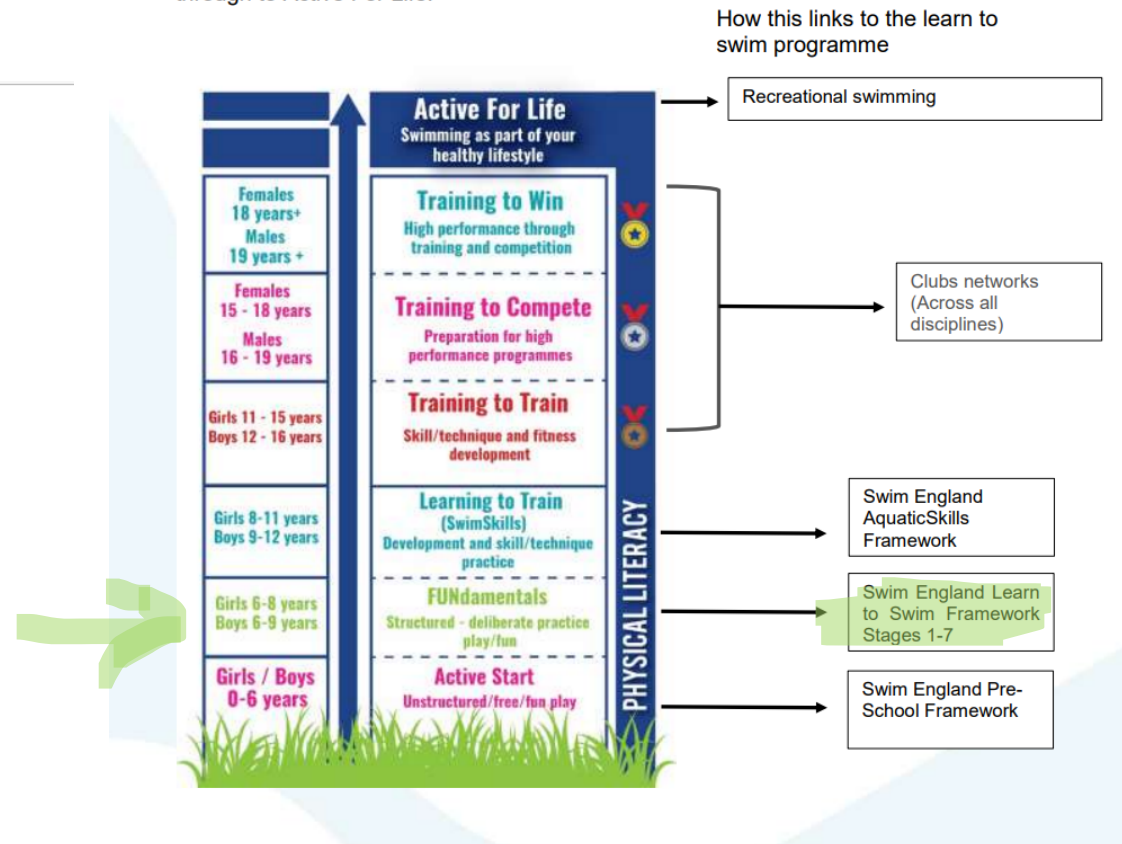
The model provides a framework for the development of children's physical literacy (i.e. fundamental movement skills and sport-specific skills) and aims to encourage lifelong participation in sport and physical activity (in this case aquatics).

The model includes seven key stages, with clear progression routes from 'Active Start' right through to 'Active for Life'.

The model is based on scientific research, which determines the best way to teach and develop talented athletes to achieve sporting excellence.

### The Model

Includes seven key stages, with clear progression routes from Active Start right through to Active For Life.



## ADSP supported by initial Learn to swim Stages

### Learn to Swim Stages 1-7

Find out more about each stage by clicking or tapping the buttons below.



### Stage 7

By completing this Award you will be able to:

- 1 Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
- 2 Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
- 3 Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
- 4 Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
- 5 Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:  
*Sculling:* head first, feet first  
*Rotation:* forward or backward somersault, log roll  
*Floating:* star on the front or on the back, tuck float, create own  
*Eggbeater:* Moving, lifting one or both arms out of the water
- 6 Perform a sitting dive or dive.
- 7 Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
- 8 Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
- 9 Tread water using eggbeater action for 30 seconds.
- 10 Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.

## Key features and links with the Learn to Swim Programme

### **Active Start**

This stage should be fun for children and include both unstructured and structured free play in order to develop children's basic movement skills. The aquatics aim here is also to develop their general water confidence.

### **FUNDamentals**

At this stage it's about fun and enjoyment, with the key focus on the development of movement skills. Play should remain a key aspect at this stage, but with more focus on structured play. The aquatics aim here is the development of core aquatic skills.

### **Learning to Train (SwimSkills)**

This stage should focus on two key areas:

1. The development of specific skills and technical elements needed within sports.
2. An individual's physical, social and emotional development.

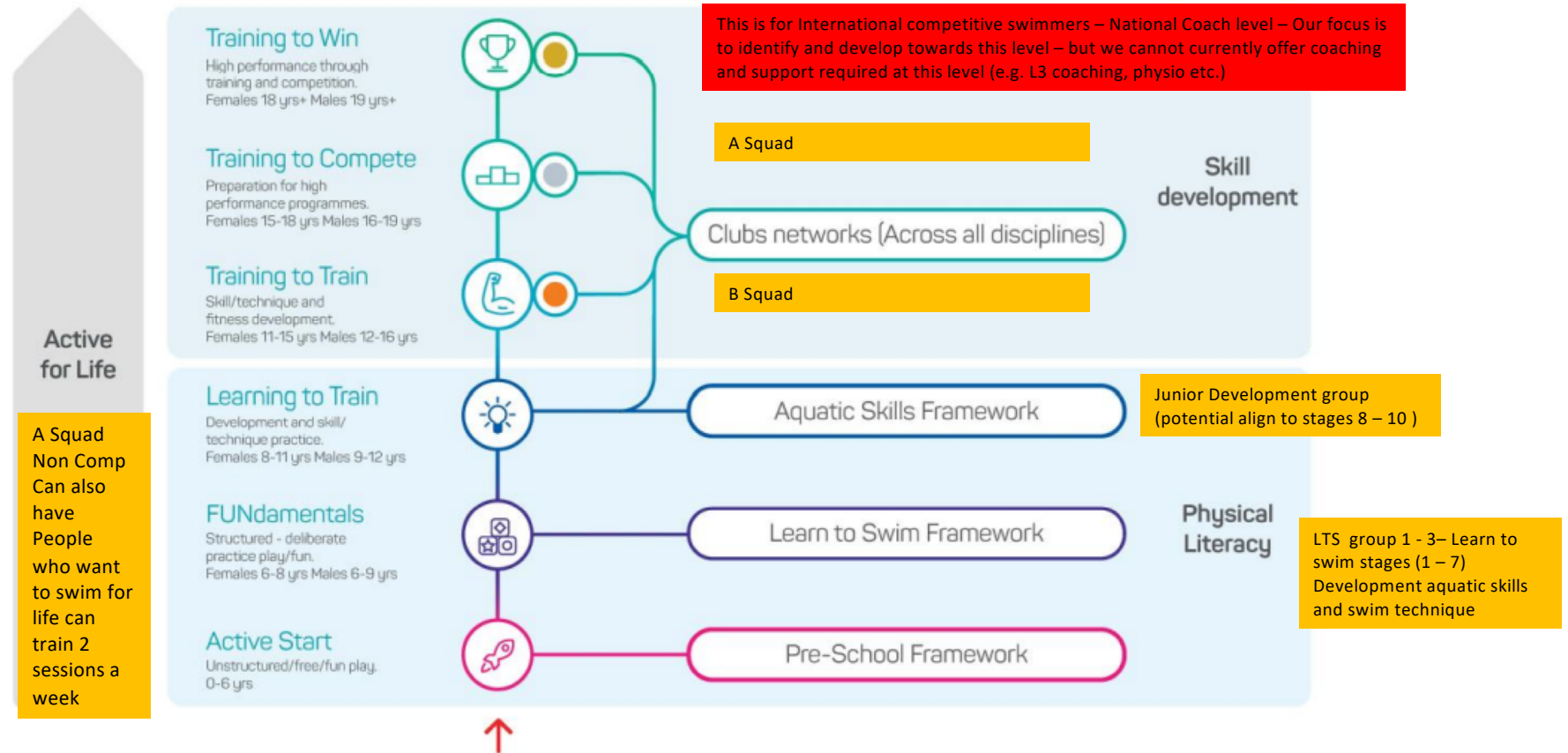
The aquatics aim here is to develop the specific skills relevant to aquatic activity that a learner wants to practice and improve at (e.g. swimming, diving, lifesaving, para-swimming, synchronised swimming, water polo, etc.). This may take place within club environments.

Swimming teachers and assistants should support their learners' development right through Learn to Swim Stages 1 to 7 (or equivalent) and beyond.

They should also be aware of the opportunities available when they complete Stage 7, and be able to provide learners and parents/carers with advice and guidance on these opportunities.

ESA Group structure:

# Athlete Development Support Pathway

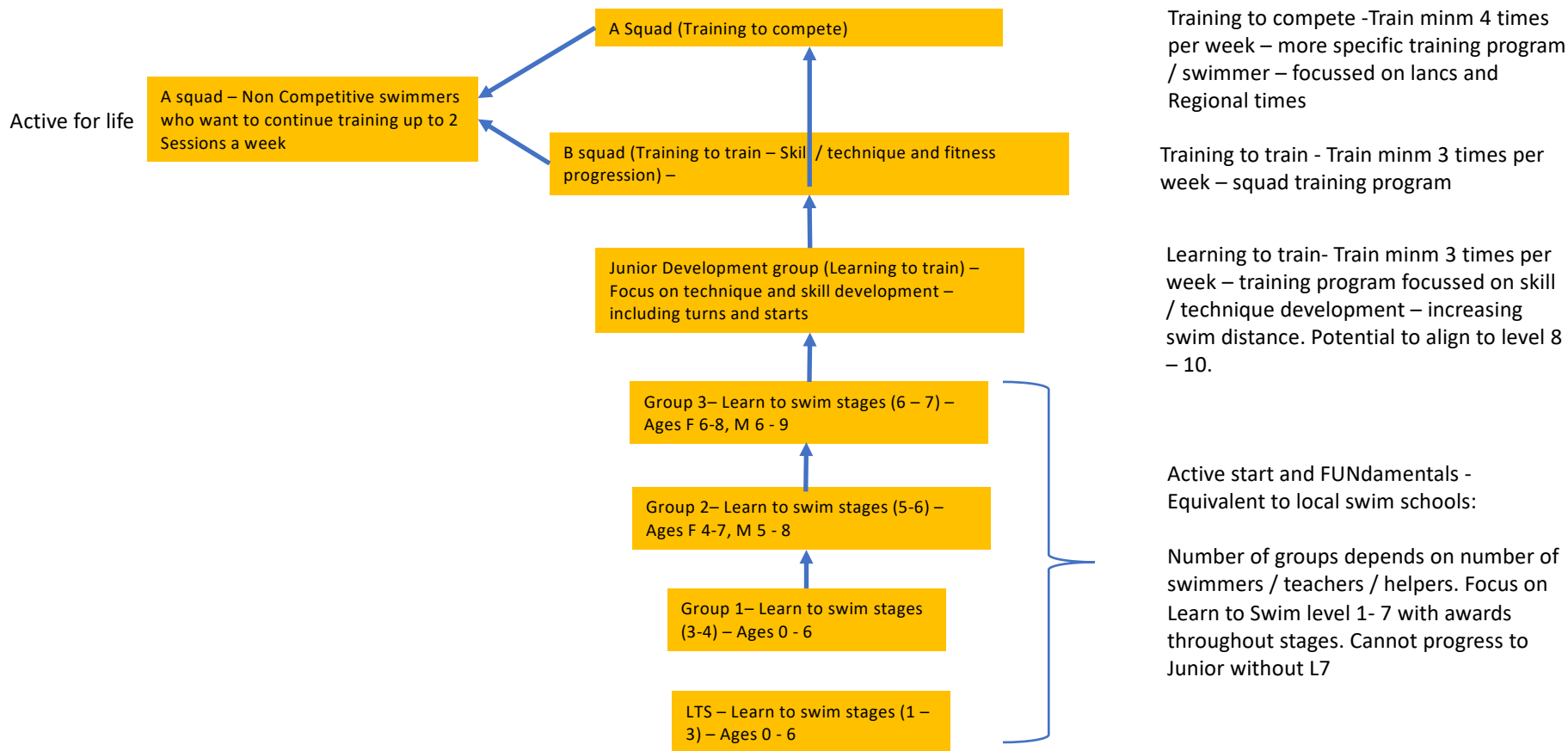


**Active for Life**

A Squad  
Non Comp  
Can also have  
People who want to swim for life can train 2 sessions a week

Note: Number of LTS groups will depend on number of swimmers and teachers / helpers

## Squad Proposal



NOTE: Ages  
based on  
“normal”  
circumstances  
(pre  
pandemic),  
and guidelines  
only

### Summary:

- Clear progression targets set for movement between groups (and awards to encourage enthusiasm / celebrate success)
- Focus on skills / technique development prior to speed / endurance training
- Ability to have a smaller, more individually focussed competitive squad
- Still offer “swim for life” and ability to have swimmers who can still compete for the club in galas

## ESA club structure

- **A Squad:**

- Seen as aim for all our club swimmers to develop towards
- Set targets have to be met to join (e.g. 20 x 100m holding 1.50s off minim 2 strokes, 8 x 50m off 1 minute on all 4 strokes)
- Have to be available to represent club in galas (and or competing at high level in swimming discipline (e.g. Water Polo)
- Have to include Land training in weekly training plan
- Train at least 4 times per week (other training also including (e.g. swimmers who also train with CoL or Water Polo)

- **B Squad:**

- First group for swimmers showing potential for competitive swimming – Invitation only
- Need to be at recognised SE levels (e.g. 9 or equivalent).
- Need to be able to do all 4 strokes at minimum 50m, competitive starts and turns.
- Have to be available to represent club in galas.
- Train at least 3 times per week

- **A Squad Non Competitive**

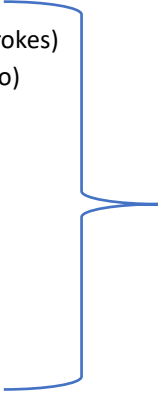
- Non competitive swimmers who still want to train
- Swimmers who cannot make training Schedule set out above so can do up to 2 sessions a week

- **Junior development group:**

- Swimmers have to have achieved SE level 7 (or equivalent standard)
- Able to do recognised turns and starts, and hold all 4 strokes to minimum 25m

- **LTS to Group 3:**

- Groups continue as current
- Focus on skills development through LTS framework 1 – 7 (with addition of starts and turns)



Invitation only, based on ability not age. Only these swimmers will be eligible for consideration for Long Course training sessions (i.e. Wavertree)