



Lancing College

LANCING COLLEGE SWIMMING CLUB (LCSC)

Squads

Stroke Development

Squad Criteria

Stroke Development is the first stage of the LCSC pathway, bridging the gap from learn-to-swim lessons to competitive swimming.

Swimmers will be taught:

- Stroke Technique
- Turning
- Diving
- Training Practices

Entry Criteria

- Swimmers are aged between 7-10
- Swimmers have a basic knowledge of the four strokes and have completed level 7 of NTP as minimum or equivalent.
- Swimmers are able to swim for 50m continuously.
- Swimmers must be able to commit to at least 1 session per week.

Progression

- Squad places in Junior Development 1 are offered to those that meet the criteria and are keen to progress into competitive swimming.
- Swimmers will be able to progress into other aquatic sporting areas.

STROKE DEVELOPMENT	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday	06:30-07:30 am* Coach discretion OR	17:30-18:30
Friday		
Saturday		Groups from 16:00-19:00

Junior Development 1

Squad Criteria

Junior Development 1 is the second stage of the LCSC pathway towards competitive swimming. Swimmers will be taught over time:

- Stroke Technique
- Stroke Specific Turning
- Finishing Technique
- Dolphin Kicking and Transitions
- Training Practices
- How to compete at galas

Entry Criteria

- Swimmers are aged between 8-12.
- Swimmers will have a sound knowledge of all four stroke.
- Swimmers will have a good understanding of tumble turns and diving.
- Swimmers must be able to swim 200m continuously.
- Swimmers must be able to commit to a minimum of three sessions per week.

Progression

- When ready, swimmers may be able to progress to Junior Development 2 within the LCSC pathway.
- Swimmers may wish to pursue other aquatic disciplines.

Training Times

JUNIOR DEVELOPMENT 1	AM	PM
Monday	06:30-07:30	17:30-18:30
Tuesday		
Wednesday		17:30-18:30
Thursday	06:30-07:30	17:30-18:30
Friday		
Saturday	06:30-07:30 07:30-08:30 – LAND TRAINING	

Junior Development 2

Squad Criteria

Junior Development is the final stage in the development of swimmers before being appointed to Junior Elite Trainers (JETs) or Junior Elite (JE) squads.

During their time in Junior Development 2, swimmers will learn:

- An understanding of advanced skills and drills
- How to improve starts, turns and transitions
- How to follow race-plans
- A basic understanding of the different training types and energy systems
- An introduction into healthy lifestyle management
- To build strength and stability through land training sessions and Pre-pool work.

Entry Criteria

Entry to JD2 is based on the swimmer's ability to meet the following criteria:

- Swimmer is suitable for swimming competitions.
- Swimmer is able to swim 200m IM continuously using competition turns
- Swimmer is able to swim 1000m continuously using competition turns.
- Swimmer is able to commit to attending at least five training sessions per week.

Progression

Following Junior Development 2, swimmers will be fully able to pursue a competitive career in swimming if they so wish. Swimmers meeting the JET's or JE criteria are invited to stay within LCSC and progress onto the next level of the pathway.

For those swimmers that wish to enjoy competitive swimming but do not meet the Squad Criteria, there are several thriving swimming clubs in the area that we can recommend - most notably, Shiverers Swimming Club.

Training Times

JUNIOR DEVELOPMENT 2	AM	PM
Monday	06:00-07:30	17:30-18:30
Tuesday		
Wednesday	06:00-07:30	17:30-18:30
Thursday	06:00-07:30	17:30-18:30
Friday		17:00-18:00
Saturday	06:00-07:30 07:30-08:30 - LAND TRAINING	

Junior Elite Trainers (JETS)

Squad Criteria

Jets aims to prepare swimmers for Junior Elite by increasing the length and intensity and number of training sessions. Swimmers are encouraged to work on a more professional approach to training, competition and lifestyle to support their development in swimming before being appointed to the Junior Elite squad.

During their time in JETS swimmers will learn:

- Advanced skills and drills
- How to improve starts, turns and transitions
- How to follow race-plans
- An understanding of the different training types and energy systems
- How to plan and maintain a healthy lifestyle and maximise their training.
- To build strength and stability through gym work and land training sessions with Pre-pool work and stretching.

Entry Criteria

Entry to JETS is based on the swimmer's ability to meet the following criteria:

- Swimmer is regularly entering swimming competitions.
- Swimmer is able to commit to at least 6 training sessions per week. At coach discretion swimmers will be invited to do 2 Gym sessions if suitable for their development.

Progression Swimmers meeting the JE criteria are invited to stay within LCSC and progress into Junior Elite or alternatively can join another local club if they wish to pursue a less intensive programme.

The foundations laid here at LCSC's development programme will see swimmers through to any level they aspire but our admissions policy is strict as we do not wish to compromise quality for quantity.

Training Times

Junior Elite Trainers (JETS)	AM	PM
Monday	06:00-07:30	17:00-18:30 SWIM
Tuesday	Gym at coach discretion	
Wednesday	06:00-07:30	17:00-18:30
Thursday	06:00-07:30	17:00-18:30 SWIM
Friday	Gym at coach discretion	17:00-18:00
Saturday	06:00-07:30	

Junior Elite

Squad Criteria

The Lancers are a group of hard-working, dedicated individuals that aspire to compete nationally and internationally.

Lancers can expect swimmer-specific:

- Goal Setting
- High Quality Training Plans
- Land-Based Regimes
- Injury Prevention/Management

And as a group can expect:

- Lifestyle Education
- Pre-pool/Post-pool Regimes
- Expert starts, transitions and finishing advice
- Stroke Analysis

Criteria:

STRICTLY LIMITED TO 20 places

Swimmers attending Lancing College specifically to further their swimming careers and those on swimming scholarships shall be given first priority of squad places, provided their attendance and commitment is satisfactory.

In an effort to maintain the highest possible standards and cultivate a team of committed, like-minded people, places will be allocated based on:

- The swimmer's ability to demonstrate a commitment to swimming
- The swimmer's goals within swimming
- The level of attainment in the past 12 months*
- The swimmer's level of professionalism

The Head Coach will have the final say on all allocated places.

*Any injuries affecting performance in the past 12 months will be taken into account.

JUNIOR ELITE	AM	PM
Monday	05:30-07:30	16:00-18:00
Tuesday	06:30-07:30 - GYM	*14:00-16:00 (College pupils only)
Wednesday	05:30-07:30	16:00-18:00
Thursday	05:30-06:30 - SWIM 06:30-07:30 - GYM	16:00-18:00
Friday	06:30-07:30 - GYM	16:00-18:00
Saturday	05:30-07:30	