



Academy Gold

There are three sessions per week available for swimmers in Academy Gold, these should continue to be swum in addition to your child's current council or swim school lessons to ensure they have four sessions available per week. The training volume will increase to ensure that swimmers continue to build on the techniques, strength and fitness developed in Academy Silver.

Swimmers in Academy Gold are being prepared to move into the Chesterfield Swimming Club performance pathway, this will involve entering competitions to assess progress.

Training Times and Fees

Thursday	19:15 – 20:15	Queens Park (Small Pool)
Saturday	06:45 – 07:45	Queens Park (Small Pool)
Sunday	17:15 – 18:45	Queens Park (Main Pool)

Monthly Training Fee: £45

Progression Criteria

On completion of the Swim England Club Awards Level 6, swimmers will be offered a place in County Squad at the earliest opportunity. County Squad is the first level of the Chesterfield Swimming Club performance pathway where swimmers follow a long-term plan geared towards achieving excellence.

Before moving to County Squad, we would expect swimmers to be able to:

1. Complete a R.M.A.P poolside warm-up containing four raise, mobilise and activate exercises, and two prime exercises.
2. Complete a post pool stretching routine using a minimum of eight key stretches.
3. Complete a short training set (e.g 16 x 50 metres) on a prescribed turnaround time (e.g 90 seconds), swimmers must be able to maintain a specified pace (e.g 60 seconds) use the pace clock to set themselves off and maintain intervals and maintain a kick and stroke count.
4. Set one process goal relating to improving stroke technique on medley turns and relay takeovers.
5. Swim 50 metres of each stroke (25 metres butterfly) maintaining underwater kick count and even stroke count, demonstrating correct push-off from the wall, underwater phase and transition to stroke.
6. Swim 100 metres Individual Medley from a track start on the starting block incorporating legal and efficient medley transition turns at race speed.
7. Perform 50 metres Freestyle, Breaststroke and Backstroke within a competition setting, demonstrating the ability to follow the starting procedure used in competitions and maintain legal and efficient strokes, turns and finishes.
8. Perform a legal and effective finish on each of the four strokes, timed 10-15 metres in.
9. Perform a single step relay takeover from the starting blocks into 50 metres front crawl swim at simulated race speed.
10. Perform a single step relay takeover from the starting blocks into 50 metres front crawl swim taking over from an incoming swimmer at race speed.

Swimmers are continually assessed during their time in Academy Gold with squad moves usually taking place in January, April and September.

Additional Information

Swimmers in Academy Gold who are aged 9 years will be selected to take part in team or individual swimming competitions; this is essential for development and is required to complete Level 6 of the Swim England Club Awards.

A guide to entering competitions along with a range of other useful information can be found in the [Swimmer Resources](#) section on our website.

