

Swim 21 Validation & Annual Review 2007

What do you feel has been the Club's main achievement(s) during the last 12 months?

I believe that the Club has taken initial, but significant, strides towards achieving and further implementing the objectives of Swim 21. These include:

- **Scale of Thinking – Slowly but surely the scale of thinking and ambition of the Club and swimmers has been enthusiastically pulled forward. Target and goal setting have been encouraged, and standards have increased.**
- **Session Programmes – there has been a massive improvement in the session programmes for younger swimmers. A much greater emphasis has been placed on the technique of all four strokes and swimming 200m IMs has been put at the very forefront of planning.**

Please list your 3 priority work areas for the next 12 months:

- 1) Meaningful Competition - We wish to ensure that Competition (ie competing in galas) is limited and "meaningful".
 - To achieve this objective the club has determined to look at reducing it's participation in League type team galas and instead place more emphasis on Open galas. To this end we will be categorising swimmers by their Open Meet level (ie: Novice, Level 3 & Level 2+) & an Open Meet Manager appointed for each Level.
- 2) Swimmer Retention - The Club wishes to look for ways of motivating swimmers to stay in the sport through their late teens.
 - To achieve this objective we are committed to reassessing our lane allocation time, making it easier for swimmers to attend more sessions. To this end some sessions should be exclusively 2 hours. We recognise that providing swimmers with the opportunity to swim 4+ hours per week, needs to be coupled with the practicalities involved in some swimmers attending 4 one hour sessions. It is felt that they would be more likely to take up their four hours per week, if doing so involved less sessions, and thereby less time spent in being transported to and from pools. We

need to recognise to a greater extent, that parents often have more than one child, and that their children participate in other activities

- Training needs to be age related – with the Swim 21 “Pre-Puberty” cut off ages being adhered to. Swimming swimmers in similar age groups would also help retain more in the sport (ie no self respecting 15 year old wishes to swim with 8,9 or 10 year olds and vice versa).

3) Recognition & Motivation – Recognition of swimmers within the club and the focus of training should centre round “meaningful distances” & be age related. To this end we will:

- Stop publishing 25m times for all swimmers & 100m times for boys 11/u & girls 10/u.
- Undertake to replace 50m time trials with Club 200m time trials & times recorded at Open Meets.
- Publish an age related Swimmer League Table similar to Baggat Points. In our case awarding swimmers points based on their PBs in relation to Midland District Times.
- Motivation - Swimmers should benefit from greater continuity of coaching & goal setting