



Guildford City Swimming Club

ACADEMY

Introduction

The Guildford City Swimming Club Academy is aimed at pupils aged 4 to 15 years old who want to improve and develop their ability to swim. The Academy is considered to be one of the finest swim schools in England with several hundred graduates who have gone on to success at County and Regional level plus many who have enjoyed National recognition.

The main objective of the Academy is to provide youngsters with expert technique work to help them become proficient and legal in all four strokes. Emphasis during the delivery of our technique-focussed lessons is placed on co-ordination, breathing patterns, timing, streamlining and underwater skills. These lessons promote a “learn to train” ethos and are designed to inspire and motivate our swimmers, enabling them to maximise their potential whilst providing them with a solid foundation in water safety skills and awareness.

The Academy takes a nurturing approach to an individual’s personal development and the acquisition of basic aquatic skills is spread over a suitable period and therefore accomplished with minimized pressure.

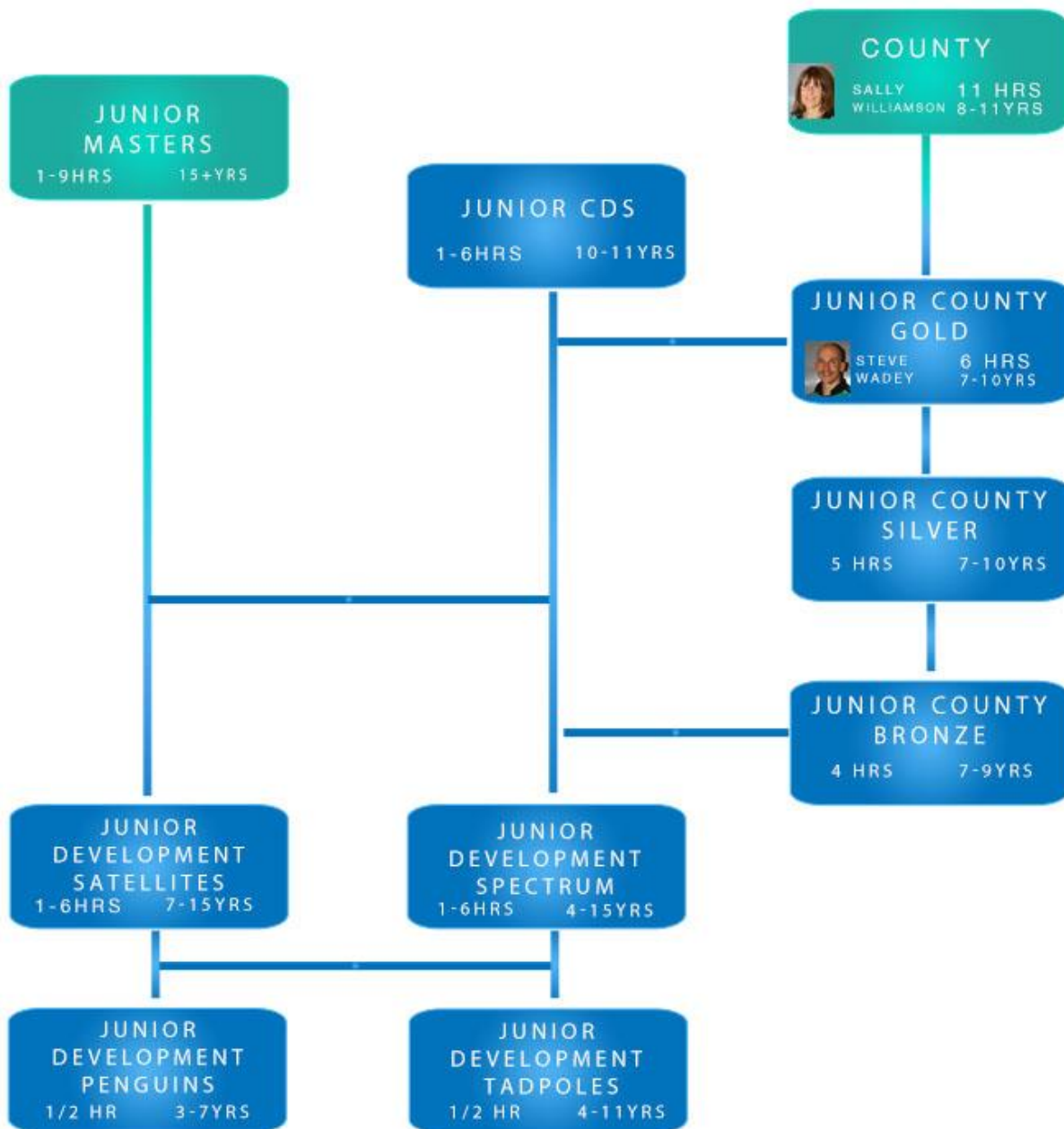
Membership is facilitated by swim trial and invitation and is renewed at the Club’s discretion each term.

Staff

The Academy employs carefully selected and professionally qualified, DBS checked, ASA Coaches and Teachers who take a nurturing approach to an individual’s personal development.

Pathways

Within the Academy exists a structured squad system offering swimmers between the ages of four and 15 flexible pathways for progression that are concurrent with their physical development and shown in the table below:



Academy Junior Development

Academy Junior Development will be the first group that most young swimmers will be offered with the main goal of helping develop confidence and safety in the water whilst becoming proficient and ASA compliant in all four strokes. Our lessons at Spectrum, Cranmore, Guildford High, Notre Dame and St. Catherine’s start from age four and offer a weekly group half hour lesson, progressing to a weekly one hour session. Members can increase their weekly training by one hour increments where we offer packages of two hours, three hours, four hours, five hours or six hours spread conveniently throughout the week at all of our swimming pools.

Squad Group	Age Range	Entry Level	Locations
Penguins/ Tadpoles: 30 minute lessons	4-9	Water confident non-swimmers or early swimmers	Spectrum Teaching Pool, Cranmore, Guildford High, St. Catherine's
Dolphins 1: one hour	6-9	Technique and skills focused sessions for 50m+ swimmers wishing to integrate into a Club training session and includes an introduction to starts and turns.	Spectrum Competition and Teaching Pool, Cranmore, Guildford High, Notre Dame, St. Catherine's
Dolphins 2: one hour	8-11	ASA compliant in three strokes. Swimmers are taught how to follow a training set. Advanced technique work is combined with the development of endurance, diving and starts and turns.	Spectrum Competition Pool, Cranmore, Guildford High, Notre Dame, St. Catherine's
Dolphins 3: one hour	9-15	For Club level swimmers, ASA compliant in all four strokes, familiar with diving and turn skills and able to follow a training set	Spectrum Competition Pool, Cranmore, Guildford High, Notre Dame, St. Catherine's
Dolphins 4: one hour	9-15	Self-motivated swimmers with a Club background, ASA compliant in all four strokes/diving and turn skills.	Spectrum Competition Pool
Junior Competitive Development Squad: one hour sessions	10-11	Self-motivated swimmers with a Club background, ASA compliant in all four strokes/diving and turn skills and aspiring to graduate into CDS Intermediate	Spectrum Competition Pool

Academy Junior County

Swimmers who demonstrate commitment and the necessary skills within Academy Junior Development will be selected to join Academy Junior County. This group will target swimmers who it is believed have the potential to ultimately graduate to the High Performance or Competitive Development divisions of the Club. Entry into our Junior County Bronze, Silver and Gold Squads will remain by invitation only with selection criteria being based on work ethic, commitment, potential and ability.

Squad	Age Range	Training Hours
Bronze	7 to 9	4
Silver	7 to 10	5
Gold	7 to 10	6

Competition

The 'learn to train' ethos that we promote within Academy is to ensure that each swimmer is equipped with the necessary skills required to compete. Each section within the Academy offers our members the opportunity to compete at an appropriate level, as follows:

Academy Junior County

The Academy Gala

This is held twice a year, once in the Spring Term and once in the Summer Term. All races are over a distance of 50m on all four strokes. All Academy Junior County swimmers are encouraged to participate in this Gala on strokes as agreed with the Lead Coaches. Swimmers compete as 'age on day of competition', awards are made for first, second and third places for each age group and ribbons are presented to all participants. Results are collated and distributed to parents via email.

Internal time trials are held regularly throughout each term on appropriate strokes/distances and parents will be notified in advance of these trials by email.

Swimmers 8 years and above, as agreed with the Lead Coaches, will generally be invited to attend the licensed Guildford City Sprint Meet, held during the Autumn Term.

Swimmers 9 years and above, as agreed with the Lead Coaches, will generally be invited to attend the Guildford City Open Meets and other appropriate Open Meets determined by the Lead Coaches.

Academy Junior Development: One hour+ Spectrum Monday to Saturday Competition Pool Swimmers

The Academy Gala

Academy Junior Development: One hour+ Spectrum Teaching Pool Swimmers

Academy Mini Gala

This is held in the teaching pool during normal scheduled lessons, runs for the duration of a selected week towards the end of each term and will be on a specific stroke. All swimmers compete as 'age on day of competition' and results are collated and distributed to parents via email. Medals are awarded during training the week following the Gala for first, second and third places for each age group and ribbons presented to all participants.

Academy Junior Development: Satellite Pool Dolphin Swimmers and Sunday Spectrum Competition Pool Swimmers

Academy Satellite Galas

Individual Galas are held at each Satellite location during a specific week towards the end of each term and on a selected stroke. The swimmers compete over a distance appropriate to their age and as agreed with the Lead Coaches. All swimmers compete as 'age on day of

competition' and results are collated and distributed to parents via email. Medals are awarded during training the week following the Gala for first, second and third places for each age group and ribbons are presented to all participants.

For all new enquiries and further information please contact:

Joint Heads of Academy

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