

Tynemouth Criteria



Background

The intention is to provide Tynemouth ASC with two distinct training streams: Competitive and Performance. For clarity, Competitive squads are those named Cx while Performance squads are Px, where the higher number indicates an older squad. The two streams serve different purposes within the club, with Performance squads having more stringent entry and exit criteria coupled with a more demanding workload.

Competitive – Cx
Performance – Px

The Performance stream attempts to align closely with the well established Long Term Athlete Development (LTAD) framework and also incorporates aspects of British Swimming's Optimal Athlete Development Framework (OADF). Both models are intended to guide coaches and clubs towards producing the best senior athletes by laying the foundations and developing athletes in the most effective way through the age groups.

Performance Swimming

Invest the time/energy necessary to achieve your full potential

Competitive Swimming

Achieve what you can for the time/energy you're prepared to invest

For those unable or unwilling to commit to the extreme demands of Performance swimming we aim to provide a thriving pathway of Competitive squads to satisfy their training aims and help them achieve the competitive goals they have in mind.

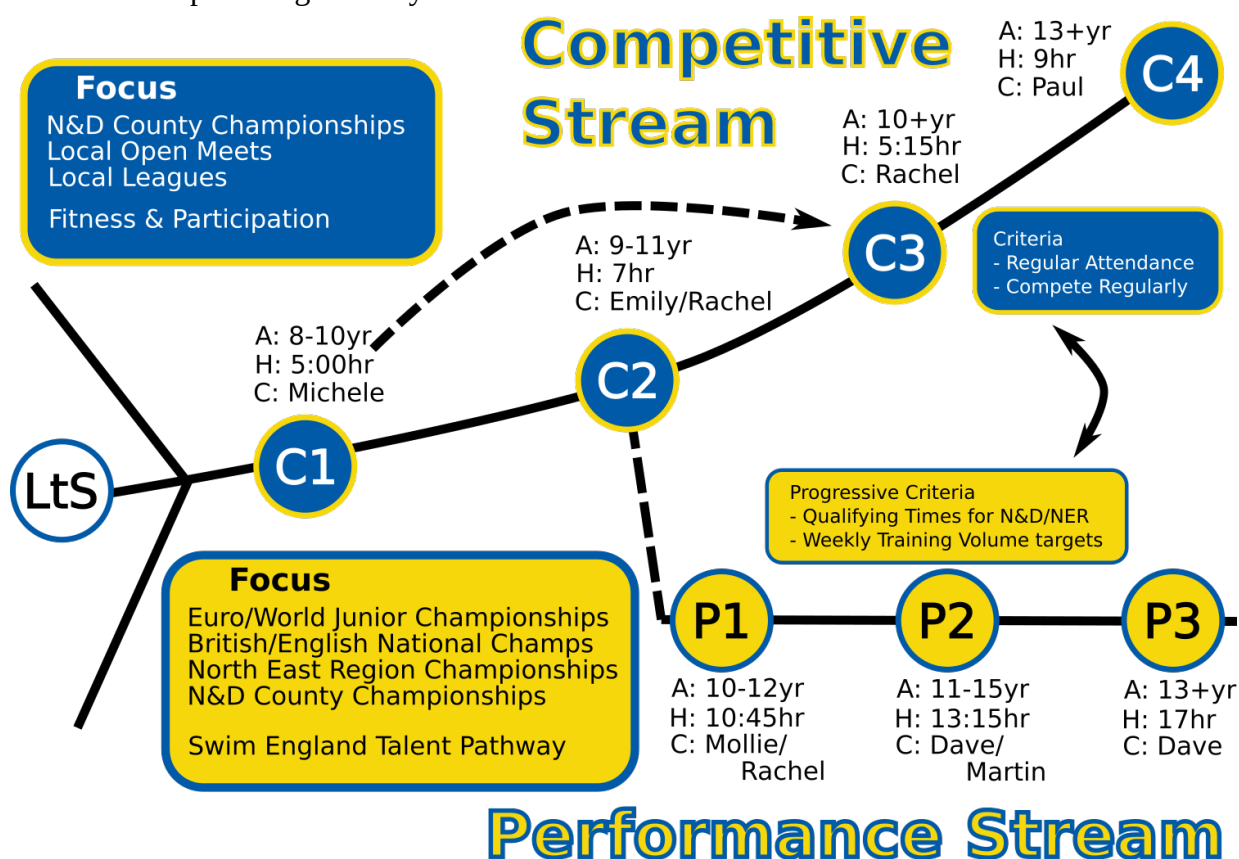


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Squad Criteria

Criteria serves the following purposes

- Provides guidance as to the standard required within a squad
- Ensures the range of ability within a squad is manageable
- Helps to set performance expectations for each squad
- Makes sure high level performers have access to appropriate pool time
- Prevents mixing athletes with wildly differing aspirations
- Sets the minimum standard expected for a given squad

The club expects this criteria to be reviewed regularly (at least each season) as the quality moving through our pathway changes over time and we need to ensure those offered spaces within the squads are making best use of the time available to them.

Matching the criteria for a given squad does NOT automatically confer a right to move into that squad, and cherry picking certain aspects of the criteria certainly does NOT. The coaching team will carefully consider all candidates matching the criteria before making final selections.

Rest assured:
Coaches want to progress
swimmers ASAP, just like you

Occasionally, the coaching team may, at their discretion, offer a spot in a squad to an athlete who does not match the criteria. This may be due to (but not limited to) space being available, returning from injury, a late developer, or recent changes in

the athlete's training behaviour that indicates such a move may be worthwhile. In those cases, such a move is likely to be on a long-term trial basis only, until the criteria is actually met.

Parents/athletes are free to make a case for their child (especially where their aspirations have changed), but the coaching team's decision must be respected. It should also be noted that coaches are always looking to progress athletes as quickly as possible – it's in everyone's best interests.

Performance Stream Criteria

Criteria for the Performance Stream is progressive, and achievable by most athletes if they make the right choices (Champions Choices). Making those choices, and continuing to do so long-term, is the challenge. But doing so should produce the performance level specified by the criteria for a swimmer considered average at the start of their journey.

An average swimmer, making good choices, should achieve the criteria up to age 18. **“Champions Choices”** are key!

The criteria isn't there to be selective (unless the quantity of swimmers in the pathway makes that necessary). It is there to help athletes stay on track and focus their attention.

The criteria comes in two forms, choices and performance outcomes. If a swimmer chooses to attend the correct number of sessions, chooses to apply themselves to develop skills/technique appropriately in the recommended range of events, then the outcomes should be achievable.

Conversely, if a swimmer has poor attendance, shows an inconsistent application of effort, has little interest in developing technique, or specialises too young, they'll be relying on pure talent to achieve the outcome criteria. They are also likely to fall foul of the choice elements of the criteria too.

You are strongly encouraged to follow the guidance of the coaching team for optimal progress.

Performance 3 Criteria

Currently the flagship of Performance Swimming at Tynemouth. Those in P3 should attempt to maintain the training hours laid out below (approximately LTAD recommendations). Merely being present for those hours isn't enough, athletes should be committed to achieving the target volume too. Ultimately, this is a choice and the widely accepted standard for Performance Swimming.

Exit: athlete demonstrating that they are incapable/unwilling to match 70% of these standards for a typical month, and/or showing no desire to ever approach 100%.

Age	Male	Female
12	12h – 35km	14h – 41km
13	14h – 41km	16h – 47km
14	16h - 47km	17h – 53km
15	17h – 53km	17h – 56km
16+	17h – 56km	17h - 62km
19+	Considered on an individual basis	

The following “test set” performances offer a guide as to the minimum acceptable training ability within the squad. Athletes within P3 are expected to progress significantly beyond the level shown. It's intended to be a check on a candidate's training base, to ensure they are physically capable of managing the training load of the squad. The sets listed will be reviewed and adjusted each year.

Exit: athlete demonstrating that they are incapable/unwilling to complete sets at the specified intensity consistently and/or show no desire to improve their training performance in key areas.

Set	Target Time
sFc 30x100 @1:30	100m PB + 12sec
kick 10x100 @2:05	Holding 1:55
Kick standard for 2 of 4 strokes	Kick gold standard: 1:30
Expect criteria for kick times to fall in future years Every Performance Swimmer should aim for 1:30 or faster!	

The criteria emphasises process over outcome (choice over result). Training at the required level should produce the necessary performance to meet the criteria set out below. The minimum standard accepted is significantly different to the minimum ambition expected of those in the squad.

Exit: falling behind this performance level and the coaching team having no expectation of that being rectified in a realistic time frame. See Appendix 1 for our definition of N&D/NER QT.

Minimum Outcome	Minimum Ambition
1 NER QT on entry	English Summer Nationals
Maintain at least 1 NER QT each season	NER Finals

19+: 550+ FINA points	N&D Medals
Compete at N&D Champs	
Compete at NER Champs	

Finally there are a number of qualities we expect from those selected for this squad.

Qualities
Age: 13-18, 19+ (12 considered for strong female candidates)
Remain positive and encouraging to team mates especially when tired (be good teammates)
A growth mindset Desire to improve technique/skills
Punctuality (pre-pool must be performed)
Swimming should be your priority non-academic activity

Performance 2 Criteria

Our age-group Performance Squad is intended to prepare athletes for LTAD level training in the next squad. As such, athletes within P2 should be committed to achieving a similar target in terms of hours and training volume to give their body the capacity to cope with the next jump in work load. Coaches closely monitor the choices being made in this regard. Available pool time falls away from LTAD recommendations after age 13, older athletes may be given additional months in the squad to prove themselves (within reason) but should make best use of the hours available.

Exit: athlete demonstrates that they are incapable/unwilling to match 70% of these standards for a typical month, and/or showing no desire to ever approach 100%. Athlete grows too old for the squad.

Age	Male	Female
10	n/a	8h - 16-29km
11	10h - 20-29km	12h - 24-35km
12	12h – 24-35km	14h – 28-40km
13+	14h – 30-40km	14h – 28-40km

Athletes within this squad are expected to be able to achieve the following standards on entry. To remain in the squad for each new season, their performances in these sets and similar should have improved dramatically. It's intended to be a check on a candidates training base, to ensure they are physically capable of managing the training load of the squad. Sets will be reviewed each year.

Exit: athlete demonstrating that they are incapable/unwilling to complete sets at the specified intensity consistently and/or show no desire to improve their training performance in key areas.

Set	Target Time
Year 1: sFc 20x100 @1:50	100m PB + 20sec
Year 2: sFc 20x100 @1:40	100m PB + 15sec
Year 3: sFc 20x100 @1:35	100m PB + 12sec
Year 1: kick 10x100 @2:15	Holding 2:05
Year 2: kick 10x100 @2:05	Holding 2:00
Year 3: kick 10x100 @2:00	Holding 1:55
Kick standard for 2 of 4 strokes	Kick gold standard: 1:30
Expect criteria for kick times to fall in future years	

The criteria emphasises process over outcome (choice over result). Training at the required level should produce performances well above the minimum level identified below – this is more of a guide to ensure athletes remain on track for the next level.

Exit: falling behind this performance level and the coaching team having no expectation of that being rectified in a realistic time frame. See Appendix 1 for our definition of N&D/NER QT.

Year in Squad	Standard
Within first year	1 N&D QT (100m +)
Within year 2	2 N&D QT (100m +)
Within year 3+	3 N&D QT (100m +) 1 NER QT (100m +)

Finally there are a number of qualities we expect from those selected for this squad.

Qualities
Age: 11-14 (10 considered for strong female candidates. Young 15 year olds may be given additional months if waiting for the next squad)
Remain positive and encouraging to team mates Especially when tired
A growth mindset Desire to improve technique/skills
Swimming should be a high priority non-academic activity

Performance 1 Criteria

Our youngest Performance Squad introduces athletes to the rigour they can expect as they progress through their Performance journey. Athletes in P1 should be committed to attending the sessions recommended by the squad coach. Doing so will prepare their body with the capacity to perform the work load of the next squad. At this age, developing their aerobic base and training habits are far more important than race performance, so coaches are monitoring those behaviours closely.

Exit: athlete demonstrates a lack of desire for Performance Swimming and/or is unable to match 70% of these standards for a typical month. Athlete grows too old for the squad.

Age	Male	Female
10	8h – up to 20km	8h – up to 20km
11+	11h – around 20km	11h – around 20km

Athletes within this squad are expected to be capable of the following training sets on entry. To remain in the squad for each new season, their performances in these sets and similar should have improved dramatically and be closing in on the entry criteria for P2. The sets listed will be reviewed and adjusted each year.

Exit: athlete demonstrating that they are incapable/unwilling to complete sets at the specified intensity consistently and/or show no desire to improve their training performance in key areas.

Set	Target Time
sFc 10x100 @2:00	At least 1:50
kick 10x100 @2:50	At least 2:45
A good kick time at this age would be 2:00 for 100m	

At this age, good training behaviour is more important than race performance. That said, athletes in this squad should aspire to qualify for N&D Championships and the coaching team should be confident that they will do so at some point in the future. Coaches expect candidates for P1 to compete in weekend competitions 6-12 times per season.

Exit: athlete unlikely to qualify for N&D Championships at some point in the future (coach's opinion), and/or being unwilling/unable to compete in at least 6 weekend competitions per season.

Finally there are a number of qualities we expect from those selected for this squad.

Qualities
Age: 10-12 (9 considered for strong female candidates. 13 year old late developers/arrivals may be given additional months)
Remain positive and encouraging to team mates Especially when tired
A growth mindset Desire to improve technique/skills

Competitive Stream Criteria

The criteria for the Competitive Stream is in place to ensure the squads are filled with swimmers who wish to compete (as opposed to simply keep fit). There are other provisions for fitness and recreational swimmers outside of the club. Places within the club are limited and must be used for their intended purpose.

It is expected that criteria be reviewed each season with a view to tightening up attendance in line with demand for spaces. It is only fair that swimmers with a desire for greater pool time be given spots even if that falls at the expense of those with a poor attendance record.

Competitive 1 Criteria

Everyone entering the Competitive or Performance streams should come through this squad to establish good training habits and lane etiquette. They should strive to attend all 4 sessions each week for optimal development and give themselves the best chance for moving to the next step. Between 6-12 competitions should be attended each year and older swimmers in the squad should be experimenting with all four strokes across whatever distances are available to them.

Exit: unwilling/unable to achieve the minimum attendance level. Poor punctuality. Not embracing competition opportunities. Ageing beyond the range of the squad without making the next step.

Criteria
Age: 8-10
Compete in 6-12 competitions per season
Race most events each season (esp 200m Fc)
Strong desire to learn and develop skills/technique
Punctuality
Regular Attendance (min: 3 of the 4 sessions available)

Competitive 2 Criteria

The next step in a Tynemouth swimmer's competitive journey. Swimmers should be striving to achieve qualification at N&D Championships while participating at level 3 meets. They should continue experimenting racing all four strokes and increase race distances where applicable. Swimmers must demonstrate good technical knowledge of their strokes and racing skills.

Young athletes demonstrating excellent attendance and attention to detail may be selected for the Performance Stream during this stage of their development.

Exit: unwilling/unable to achieve the minimum attendance level. Poor punctuality. Not meeting the minimum competition requirements. Growing beyond the age range of the squad.

Criteria
Age: 9-11
Compete in 6-12 weekend competitions per season

Race most events (esp 200m Fc and 200m IM)
Punctuality
Regular Attendance (min: 3 of the 5 sessions available)
Good technical knowledge of race skills and technique

Competitive 3 Criteria

C3 is intended for young age-group swimmers looking to compete at level 3 and maybe aim towards N&D qualification as a stretch goal. Those attending regularly and making the expected improvements may be selected for C4 in the future (or P1 at the discretion of the coaching team).

Exit: unwilling/unable to achieve the minimum attendance level when others are waiting for places. Poor punctuality. Not meeting the minimum competition requirements. Growing beyond the age range of the squad.

Criteria
Age: 10-15
Compete in 6-12 weekend competitions per season
Punctuality
Regular Attendance (min: 2 of the 4 sessions available)

Competitive 4 Criteria

The top competitive squad at Tynemouth. Candidates should attend at least 3 of the 5 sessions available on a regular basis. They should be competing regularly at level 3 meets and above with the aim of qualifying for N&D Championships. Everyone in this squad is encouraged to attend at least one of the early morning sessions (Friday ideally). It may also be possible to move across to the Performance Stream at the discretion of the coaching team.

Exit: unwilling/unable to achieve the minimum attendance level when others are waiting for places. Poor punctuality. Not meeting the minimum competition requirements.

Criteria
Age: 13-18
Compete in 6-12 weekend competitions per season
Be aiming towards N&D level competition
Punctuality
Regular Attendance (min: 3 of the 5 sessions available)

Appendix 1 – Qualification Standards

There are many ways to grade performance levels.

- National rankings
Often used to select for the various national talent programmes.
- Standard Times
Traditionally used as meet qualification standards and cut-off times.
- FINA points
Used by many senior (university aged) performance programmes to select those rated at 600+, 700+, etc. Doesn't translate well when used with younger swimmers though.

For our purposes standard times are considered most fair and appropriate, and we'll adopt county/regional qualifying times to provide us with two sensible levels.

Unfortunately, we have no control over how those change over time. Older age-groups often disappear entirely (merged into one difficult open age). Younger age groups often miss tougher events completely. Times anywhere along the age spectrum can fluctuate wildly one year to the next. Each season's version is at the whim of current thinking within the sport.

Therefore, to have a predictable set that provides most of what we need, we'll use the 2023 long course versions as a base. From there we'll either tweak that set each year as necessary, or review and adopt the latest version published by the county/region.

For our usage of these standard times in squad criteria, we consider them valid up to the athlete's birthday. So whereas NER Championships may take place in May, but consider someone as 14 if they turn 14 as late as 31st December, we would compare that person against 13 year old times right up to them turning 14.

That way we don't bias our selection towards those with January birthdays. We can't do much about early/late developers, although the criteria are achievable enough for that to not be an issue.