

	Squad Name	Pool Time	Land Training	Progression	Approx age	Meterage per hr
Masters	M1	3		Members 25+ who wish to train and compete.	25+	
Senior	S1	8.75	1 hr	This Squad is for senior Chepstow swimmers who cannot commit to intensive training sessions but still wish to train and compete.	18-25	3000m
Youth Squad	Y1	8.75	1 hr	Swimmers of at least Regional qualifying standard. They are expected to attend 5 sessions per week and land training sessions. Attendance at Designated Open Meets is expected. Participation in Club Championships and all League & inter club galas are obligatory. Target Emphasis is on endurance and re-enforcing good stroke technique. All swimmers are expected to attend 5 sessions a week and land training sessions. Attendance at Licensed Open Meets is expected. Participation in Club Championships and all League & inter club	14yr - 18yr	3000m
	Y2	8.75	1 hr	Swimmers who are efficient in all four strokes and capable of swimming longer distances at more sessions. Technique is taken to a higher level. Swimmers are expected to demonstrate the correct competitive mental attitude and desire to progress further whilst achieving appropriate times in all strokes. Swimmers are expected to start attending morning training sessions under the guidance of Chief Coach when in secondary school. All swimmers are expected to attend 4 sessions a week. Attendance at Licensed Open Meets is expected.	12yr - 15yr	2500m
	Y3	6.25	*1 hr	Swimmers have a good standard in all strokes. Stamina is increased whilst technique is re-enforced. Quality sets are designed to stretch these swimmers in preparation to move to the Youth Squad. All swimmers are expected to attend 3 sessions a week. Open Meet participation is expected. Participation in Club Championships and all League & inter club	11yr - 14yr	2250m
Junior Squad	J1	4.5		The emphasis is on stroke technique in all four strokes, starts, turns, finishes and relay takeovers. Longer distances are introduced to build stamina. Pace Clock introduced. All swimmers are expected to attend 2 sessions a week. Swimmers will be encouraged to enter Open Meets. Participation in Club Championships is obligatory and all League & inter club	9yr - 12yrs	1500m
	J2	3.5		Distances swum are increased whilst stroke improvement and good technique are maintained and improved. Work on Relay takeovers. Adherence to swimming technical rules to be practiced during training at all times. All swimmers are expected to attend 2 sessions a week. Attendance at suitable Open Meets is encouraged as speed and competitiveness become more important. Participation in Club Championships is obligatory and all League & inter club	10yr- 12yrs	1250m
	J3	3.25		The emphasis is on stroke work using drills. Introduction to Butterfly. Introduction to competitive starts, turns and finishes. Swimming technical rules are explained. Building Competitiveness through relays. All swimmers are expected to attend 2 sessions a week. Participation in Club Championships is obligatory and all inter club galas when selected.	9yr - 11yrs	1000m
Development Squad	D1	2			7yr-9yr	500m -750m

***LAND TRAINING**

Swimmers need to be at least 12 years old

There are limited numbers of spaces available and priority will be given to Y1 and Y2.

CALENDAR

September	Club Championships
November	Welsh Schools & Winter Nationals
December	Sub Regional Championships
January	New Year Dragon Meet
February	Regional Championships
February	Welsh Masters & Senior Age Group Championships
April	Welsh National Age Group & Youth Championships
June	Regional Junior Development Meet
July	ASA National Age Group & Youth Championships
August	Welsh Summer Nationals