



## MARKET HARBOROUGH SWIMMING CLUB

### Philosophy and Programme for Teaching Swimming

Market Harborough Swimming Club is a family friendly, teaching club whose mission is to teach and develop swimmers, so that they achieve the best of their ability and hopefully to go on to represent the club at inter-club galas, in the Leicestershire and Arena leagues, County Galas and in the Midland District Competitions. We are a club for all and aim to attract youngsters from all sections of the local community, irrespective of gender, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs, and introduce them to swimming.

Our lessons are all taken by ASA qualified Teachers. All staff hold valid insurance and before they start teaching, they are checked via the enhanced CRB system. We keep up to date with current teaching methods, by attending teaching seminars and courses.

We believe in our swimmers having fun, enjoying their sport but also ask them to work hard, learn and to strive for improvement. All teaching is conducted in an environment geared towards the FUNdamentals of swimming and the ASA's long term athlete development plan. Everyone has a place within the squad structure, providing an opportunity for our members to participate in a program of swimming development and competition within a progressively structured framework, according to their individual levels of ambition, ability and application.

For those who can swim at least 25m, swimmers can enter our annual Club Championships - as an introduction to competitive swimming. We are also keen to provide a healthy social side to the club and arrange a number of events during the year. The success of our club is largely due to the commitment and skill of our Head Coach, our team of qualified and willing volunteers together with the opportunities we offer to young swimmers. These opportunities include a Learn to Swim Scheme working to the ASA National Plan for Teaching Swimming. Our learner pool and improver sessions work on all aspects of the N.T.P up to Stage 7. Stage 8 - 10 still continue to develop the skills and techniques of the swimmer, but may incorporate some aspects of competition. We then provide a progression route into Squad Coaching for those swimmers who reach the required level.

#### **Learn to Swim Scheme**

Swimmers commence at the level commensurate with their abilities at registration; this will be determined by the Head Teacher and is based upon the swimmers ability.

A record of attendance and achievement for each swim session is maintained and completed by the appropriate teacher.

Our instructors follow a 12 week plan constructed by the Head Coach covering all the requirements to equip our swimmers with the necessary skills to develop in the water. At the end of the 12 week cycle the swimmers are assessed as they look to achieve their distance / skill awards at the level of the group they belong to. Swimmers need to achieve the minimum criteria set in order to progress onto the next stage. The criteria for each level can be found on the club's notice board and the ASA website ([www.swimming.org/asa](http://www.swimming.org/asa))