



## POLICY AKSC01 – SWIMMER SQUAD TRANSITIONS

### POLICY STATEMENT:

The purpose of this policy is to provide Swimmers, Parents, and Coaches with a clear and transparent process for the transition of swimmers between different training squads. It sets out the requirements in which swimmers will be considered for transition and provides parameters on what that pathway could look like.

The concept of a transition period is to ensure that the change is a positive experience, particularly between Juniors and Intermediates where the change can be significantly different. The aim of the transition period is to bridge the gap between the two squads. It will be of particular benefit to some junior swimmers, providing an opportunity to build endurance and stamina, while giving the swimmer an insight into what to expect and what is expected of them, before joining the intermediates squad full time.

### DEFINITIONS:

**Junior/s** – swimmer/s who train under the direction of the assigned junior coaches, generally in the 25m pool, twice a week.

**Intermediate/s** – swimmer/s who train under the direction of the assigned intermediates coaches, generally in the 50m pool, up to 4 times per week.

**In Transition** – a swimmer who has reached their potential in Junior's and is deemed ready to commence a pathway into the Intermediate's squad.

**State Development** – swimmer/s who train under the direction of the assigned state development / seniors squad coaches, generally in the 50m pool, up to 6 times per week.

**Senior/s** – swimmer/s who train under the direction of the state development / seniors squad coaches, generally in the 50m pool, up to 4 times per week.

### PROCEDURES:

#### Junior to Intermediates

When considering whether a swimmer is ready to transition from Juniors to Intermediates the coaches may undertake a variety of physical testing as well as taking into consideration the swimmer's maturity and ability to receive and follow directions.

Once Junior squad coaches are of the consensus that a swimmer is ready to transition into the next squad, they will first discuss the progress of the swimmer with the Intermediates Coach.

If the intermediate's coach agrees with the junior coach's assessment, the coaches will:

- 1) Discuss the opportunity with the swimmer; and
- 2) Discuss the opportunity with the swimmer's parent / guardian (or coordinate the discussion through the Coaching coordinator).

If all parties agree on the move from Juniors to Intermediates, the date on which the swimmer will commence transitioning to the Intermediate squad will be communicated to the Club's Registrar and Treasurer by either the Coach (or the Coaching Coordinator) as soon as date is known.

### **The Transition**

The length of time in which it takes a swimmer to transition from Juniors to Intermediates will be tailored to the individual swimmer and will be determined by the Coach/es in conjunction with the parent / guardian. It is expected that the transition will take 4–6 weeks but will be flexible and will be dependent on the swimmer's capabilities.

During the transition period the swimmer can attend up to four training sessions. This may be any or a combination of, the following:

- Three or four Junior training sessions.
- A combination of Junior and Intermediate sessions.
- Shorter Intermediate sessions.

Swimmers transitioning from Juniors to Intermediates will pay the same fees as the Intermediates. If a swimmer commences transitioning and it is then established that the swimmer will not transition to intermediates, the Coach (or Coaching Coordinator) is to inform the Club's Registrar and Treasurer no later than the 28<sup>th</sup> of the month, so that training direct debit fees and be re-adjusted.

### **Intermediates to State Development**

Once a swimmer demonstrates the ability and desire to swim at a higher competitive level, Intermediate and State Development Coaches will collaborate and undertake testing.

If the swimmer meets the testing benchmarks set by the State Development Coach, Coaches will:

- 1) Discuss the opportunity and commitment required with the swimmer; and
- 2) Discuss the opportunity and commitment required with the swimmer's parent / guardian (or coordinate the discussion through the Coaching coordinator).

If all parties agreeing to the commitment requirements, the date on which the swimmer will commence in the State Development squad will be communicated to the Club's Registrar and Treasurer by either the Coach (or the Coaching Coordinator) as soon as date is known.

## Senior Squad

The Club recognises that the commitment required for in the State Development squad is not for everyone. Therefore, as our Intermediate swimmers mature, they will have the opportunity to transfer into the Senior's squad.

The Senior's squad is designed for those swimmers who can train under minimal supervision, understand the concept of stroke technique, want to retain their fitness, without the ongoing commitment expected of the State Development Squad. The Seniors squad is intended for and will be aimed at those 15 years and over.

## POLICY ADMINISTRATION

Version	Decision Reference	Synopsis
1	Committee Meeting - October 2023	New Club Policy