



## Harlow Penguins – Academy A



### ACADEMY OVERVIEW & AIMS

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The Academy A is the highest step in our Academy Squad, as a group it provides the link to our Competitive squads and is an integral part of Harlow Penguins Competition pathway.

Harlow Penguins is a competitive swimming club and we need to ensure that there is a clearly defined pathway that provides a structured squad system where individuals will progress at their own pace and enables swimmers to develop and progress to the highest levels.



To develop high quality competitive swimmers we have to ensure that high standards of stroke technique are taught from the start. Sessions provide youngsters with expert technique work to help them become proficient and legal in all four strokes.

### QUALIFICATION CRITERIA – ACADEMY A

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- Swimmers will be aged 10 and under age as at 31<sup>st</sup> December. (Please note, age as at 31<sup>st</sup> December is a standard age used within swimming.)
- Swimmers must achieve a minimum of 2 x Academy A Squad Qualifying times, these are detailed on the Club website:  
<https://harlowpenguins.wordpress.com/swim-squads/performance-squads-2/>
- Applicants will be assessed by our coaches. Having completed a successful trial, swimmers will be offered a programme dependant on availability, however at times we do run a waiting list as demand for places is high.

### COACHES ASSESSMENT

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All Swimmers will be subject to a continual coach's assessment and this will confirm whether a swimmer achieves acceptable standards to remain in squad or progress to the next level. For progression to our junior Squads, all swimmers will be assessed on 3 elements, all of which must be passed to achieve progression:

1. **Competitive Performance** – time trials for all swimmers will be held on a quarterly basis, either within their session time or at Harlow Leisurezone. For progression from Academy A, swimmers will need to achieve Squad Qualifying Times, please note, for the appropriate qualifying times, please look at the age your child will be on 31<sup>st</sup> December.

2. **Training Ability** – swimmers listen and consistently achieve what is asked for.
3. **Commitment to Training** – attendance, generally we expect 75% attendance as a minimum in a 3 month period. Detailed below are the sessions available to Academy A:

Academy A				
Day	Pool	Start	End	Session Length
Tuesday	Burnt Mill School	18:45	19:45	01:00
Friday	Harlow Leisurezone	19:10	20:15	01:05
Sunday	Harlow Leisurezone	18:00	19:00	01:00
Total Pool Time Available				03:05

## EQUIPMENT

Please note our preferred supplier is [Stortford Sports Supplies](#), who will provide both equipment and Club clothing.

We would like all Academy swimmers to have their own equipment; initially we would advise getting:

- Kickboard, pull buoy & short fins, fins please ensure that these fit, too tight and they will cause pain, too loose and they will come off in the water.
- Goggles – please ensure your child has two pairs of goggles (if one breaks they have a spare pair), preferably of the same type. The most important aspect of goggles is that they fit, do not leak and stay on, not that they look good!

In addition we would like all our Academy swimmers to train in an Academy hat. These can be purchased from our desk at Leisurezone on a Friday night.

Drinks – all Academy swimmers must bring a drink with them to each session, please note squash in a drinks bottle is the best option, and there is no need to send them with “Sports Drinks”.

## CONTACT

If you have any questions, please do not hesitate to ask our Head of Swim School & Academy – Sarah Stringer, contact details are as below.

**Sarah Stringer**  
**Head of Swim School & Academy - Harlow Penguins**

E-mail: [Academy@harlowpenguins.com](mailto:Academy@harlowpenguins.com)

