



## Harlow Penguins – Academy B



### ACADEMY OVERVIEW & AIMS

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The Academy B is aimed specifically at swimmers who starting out on their competitive journey and is the first step in our Academy Squad. As a group it provides the link from our Swim School 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 B

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- For entry into Academy B, swimmers must have passed Stage 5 of the ASA Learn to Swim Framework to be considered. Please note, swimmers coming from outside of the Club's Swim School will be assessed against "Penguins" required standards which may be set at a higher level.
- 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.)
- Applicants will be assessed by our coaches. Having completed a successful trial, swimmers will be offered a session dependant on availability, however at times we do run a waiting list as demand for places is high.

### COACHES ASSESSMENT

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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 Academy A, all swimmers will be assessed on 3 elements, Competitive Performance, Training Ability and Commitment to Training, 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 to Academy A, swimmers must achieve a minimum of 2 x Academy A Qualifying times, as detailed on the Club website.

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 B (Tu).

Academy B (Tu)				
Day	Pool	Start	End	Session Length
Tuesday	Burnt Mill School	17:15	18:00	00:45
Sunday	Stewards Pool	09:30	10:15	00:45
Total Pool Time Available				01:30

## EQUIPMENT

Our preferred supplier is [Stortford Sports Supplies](#), who 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 – 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 a 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**

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