

Cruisers Squad

Coach: Janet Hopkins

About Cruisers

Cruisers is the first of the 'development squads' and as such it is the normal club entry squad for young swimmers coming up from the NDSC, or any other, teaching programme.

Cruisers are normally at least seven years although exceptionally we accept younger swimmers if they can demonstrate that they have the required skills and that they can cope with the training. Entry into Cruisers is usually by means of a swimming test on one of our main training sessions

Cruisers currently has four sessions per week each lasting 1 hour. The coaching emphasis is very much on acquiring the basic skills in the four strokes, namely butterfly, backstroke, breaststroke and front crawl. In particular the Friday morning sessions at Northcroft is largely directed at introducing competitive starts and turns.

All swimmers in Cruisers have a log book in which they can record their progress

Further information can be obtained from the Cruisers squad rep, whose name can be found in the contacts section of the web site.

Progression through Cruisers

Training sessions are generally organised into graded lanes so that progress can be easily monitored. The number of lanes will depend on the session (space available) but in a typical 3 lane setup the following can be used as a guideline:

Entry lane to Intermediate lane.

1. Swim a warm up of eight lengths without stopping down the length and where possible not stopping for more than a few seconds at the end of a length.
2. Perform a mushroom float.
3. Execute a reasonably competent forward tumble from a standing position ie chin and knees tucked in without holding nose - breath out through nose.
4. Understand the concept of streamlining and why it is important to swimmers. Fold over hands, tuck chin in, squeeze in behind the head.
5. Be able to swim 1 length freestyle from a streamlined push and glide.
6. Be able to swim 1 length backstroke legally. Understand the concept of recovering past ear, little finger in first.
7. Attempt 1 length breaststroke. Does not have to be legal but swimmer should understand requirements i.e. touch with two hands, symmetrical and simultaneous, toes out.

8. Push and glide in streamlined position and perform a series of dolphin kicks just below the surface whilst maintaining the streamlined position.
9. Understand the basic safety requirements of a dive - both toes around the edge dive shallow.
10. Understand the streamlining requirements of a dive and similarity to streamlining from push and glide.

Intermediate lane to top lane:

1. Swim an eight length warm up without stopping.
2. Perform the first part (tumble) of a tumble turn from a walk in. Plant feet on side and push out with arms in front.
3. Understand the basics of a backstroke start. Toes beneath the surface. Throw arms around. Push - glide - kick - swim.
4. Make a reasonable attempt at a racing (grab) start from deep end. Understand the streamlining requirements for front crawl on entry. Dive - glide - kick - swim.
5. Kick 1 length legal dolphin on back with hands down by sides.
6. Understand the legal requirements of butterfly stroke. Symmetrical, simultaneous arms clear. Also understand the requirements of good technique - keyhole pull, push down from elbow, push chin forward to breathe, head down before arms enter water.
7. Dive glide and dolphin kick 1 width of pool.
8. Perform 1 length breaststroke from a streamlined push and glide. Does not have to be totally legal but timing and coordination should be more or less correct.
9. Perform 1 length backstroke legally. Understand the reason for backstroke flags.
10. Attempt a streamlined dive from the deep end on butterfly breaststroke and freestyle. The transition into each stroke does not have to be performed legally but swimmers should understand the requirements.