

Sprinters Squad

Coach: Jane Hester

About Sprinters

Sprinters is the second of the Development squads ie the next squad up from Cruisers. Entry is normally from Cruisers although occasionally swimmers can enter the club directly through Sprinters if they have prior experience.

As a swimmer progresses through Sprinters they will acquire improved stroke skills, starts and turns. Stamina will also be developed by attending more sessions and an increase in training volume but the emphasis is still mainly on technique skill development.

Progress and other important information is recorded in the personal logbook which was introduced in Cruisers,

The name of the current Sprinters squad rep can be found on the contacts page of the NDSC website.

Entry into Sprinters.

Movement between squads (squad changes) are decided upon at coaches meetings which are held at approximately 4-6 weekly intervals. Movement from Cruisers to Sprinters is primarily decided upon by the Cruisers and Sprinters coaches. If in doubt ie the coaches disagree, the normal course of action is for a swimmer not to be moved. In reality this just means that the move is delayed to a subsequent meeting and this is preferable (for coach and swimmer) to having to put a swimmer down again because they cannot cope.

The following is an approximate indication of the minimum capability required ie entry requirement..

1. Perform a ten length warm up without stopping.
2. Swim into the side on front crawl and execute a reasonable attempt at a tumble turn.
3. Perform a legal racing (grab) start from the deep end on freestyle butterfly and breaststroke demonstrating a reasonable attempt at streamlining.
4. Perform a backstroke start showing a reasonable attempt at streamlining - push - glide (streamlined) - kick (dolphin or back crawl) - swim.
5. Understand the basic legal requirements of all four strokes i.e. what gets you disqualified!!
6. Perform a 25m swim on all four strokes from a dive - legally, or very close to legally.
7. Be familiar with the pace clock and understand its use in simple sets e.g. 6x25m kick on 1minute.

8. Demonstrate that they are ready to accept the requirements. This may include not only technical proficiency but such things as attendance rate and enthusiasm.

Progression through Sprinters

As with Cruisers, sprinters sessions are graded in lanes where possible. As swimmers progress it is expected that they will acquire further proficiency in all four strokes so that they will eventually be capable of executing a legal 200 IM. The shallow start award is usually obtained at this stage which enables swimmers to execute a legal racing start in shallow water. Swimmers should also become more aware of their personal best times (PBs) as these will eventually be used to individualise training sets. For example we would expect that by the end of their time in Sprinters a swimmer should be able to execute an 8 X 100 f/c set on PB +20 with 30s rest.

Finally we are introduced to the main land warm up exercises which can be carried out on the poolside prior to swimming as well as some simple stretching exercises that can be carried out after the end of a swimming session.