

Gateshead and Whickham Athlete Pathway

Performance Group 2

- Provide a quality specialised, performance athlete based training programme
- Target Meets: L1+2 / Regional / National / International

****Ideal age 13yrs (girls) / 14yrs (boys) +**

Potential Group 2

- Provide quality multi-faceted training programme allowing athletes to meet their competitive swimming potential
- Provide a continuous progressive swimming environment for potential performance swimmers or those that would like to continue swimming competitively
- Promote excellence in all skills/turns/starts
- Content: HIGH skill / technique
HIGH aerobic
- Target meets L3 / L1 / County / Regional

****Ideal age 12-18yrs (girls) / 13-18 yrs (boys)**

Performance Group 1

- Continue to hone fast/efficient stroke technique on IM based multi-stroke programme
- Excellence in all skills/turns/starts
- Content: HIGH skill and technique
MOD aero development
- Target meets County/Regional/National

****Ideal age 11-13yrs (girls) / 14yrs (boys)**

Potential Group 1

- Continue to develop 'competitive swimming strokes'
- Hone racing skills/turns/starts
- Content: HIGH skill and technique
MODERATE aero development
- Target Comps L3 meets, Counties

****Ideal age 11-13yrs**

Competitive Development (Competitive Swimming stage 10)

- Continue to develop 'competitive swimming strokes'
- Hone racing skills/turns/starts
- Content: HIGH skill and technique
LOW aerobic development
- Target comps L3 meets, Counties

****Ideal age 9-11yrs**

GAW Academy Groups 1 + 2 (Competitive Swimming stages 8-9)

- Develop 'competitive swimming strokes'
- Learn racing skills/turns
- Develop understanding of 'club' swimming

****Ideal age 8-9 years**

Swimming Centre Academy (Competitive Swimming stages 8-9)

- Develop 'competitive swimming strokes'
- Learn racing skills/turns
- Develop understanding of 'club' swimming

****Ideal age 8-9 years**

FUNDamental Swimming Lessons Stages 1-7 eg. Council / Private / GAW lessons

****Ideal age 4-8 years**