



Perth City Swim Club  
Swimmer Pathway



## Aims of the Pathway

- Provide a pathway for all Swimmers advancing from Learn to Swim to Masters in a diverse team environment that creates friendships for life
- Provide continual opportunity to participate in the sport of swimming in the City of Perth, recognising the importance sport plays in health, mental well-being & fitness
- Provide opportunity to develop future talent for those who wish to excel in the sport of swimming



# Head Coach Commitment

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**“ At Perth City we are committed to creating a friendly and enjoyable training environment which provides the pathway for development & performance swimmers to reach their potential.”**

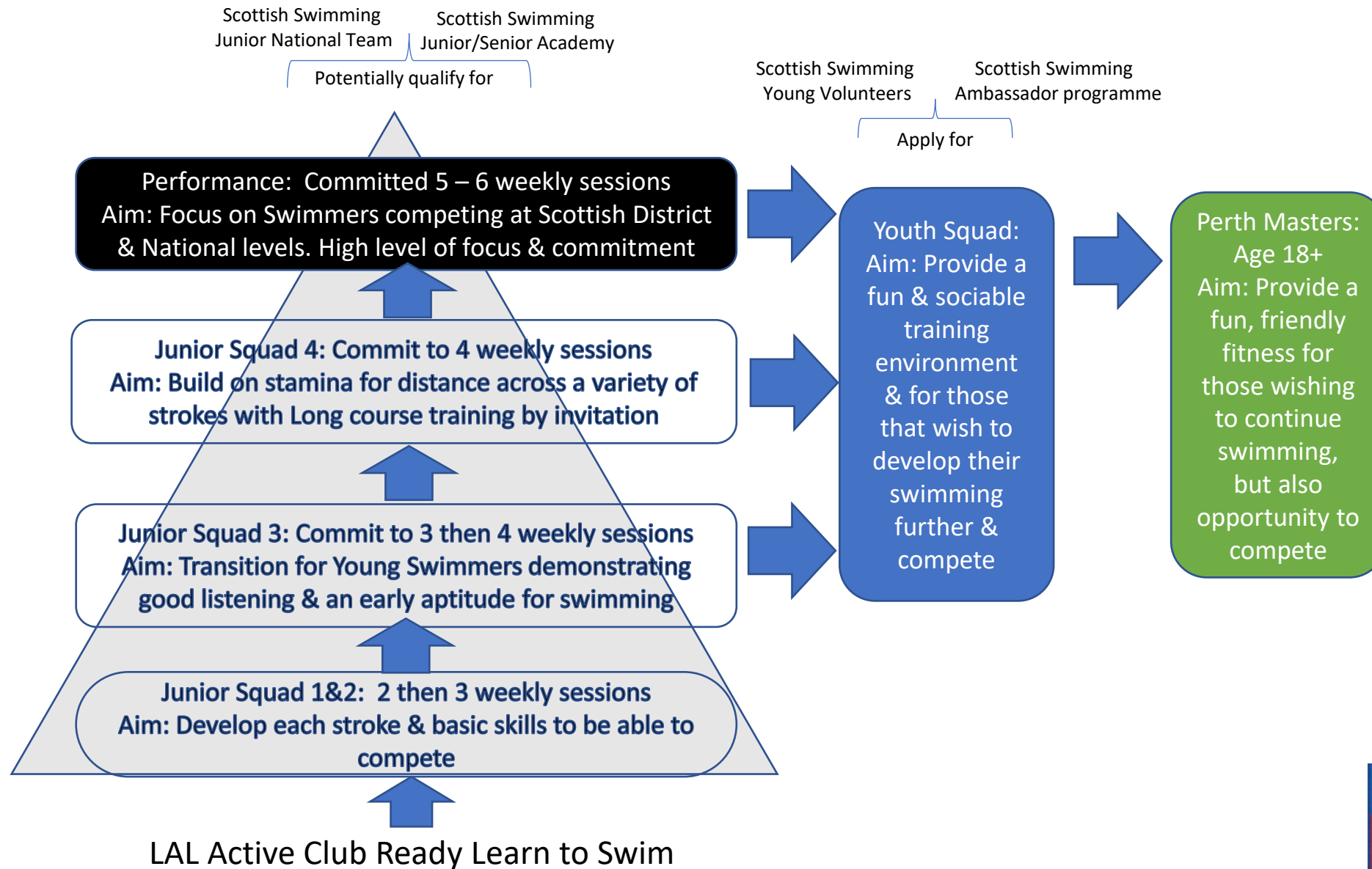
**September 2022**



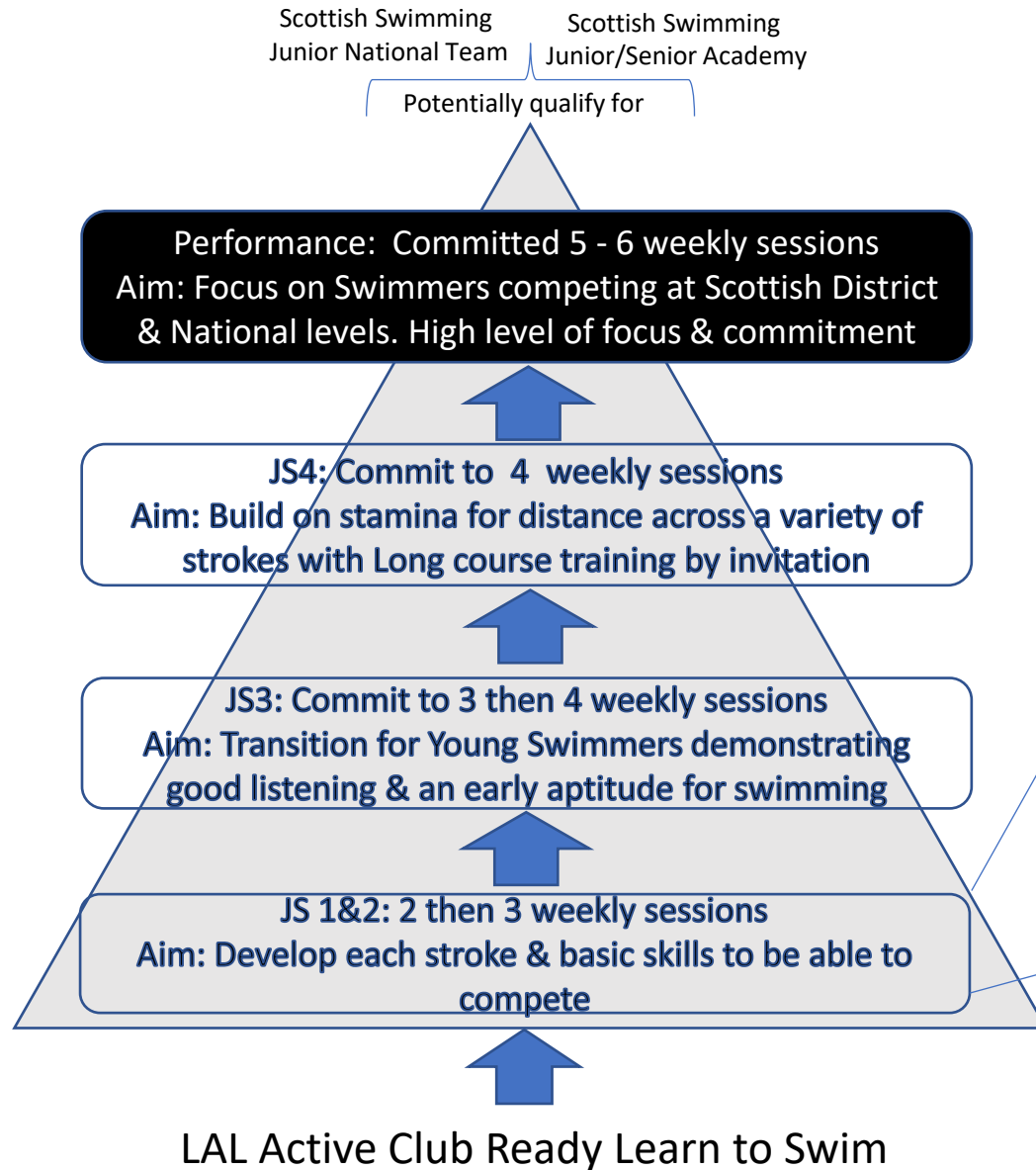
**PERTH CITY  
SWIM CLUB**



# Perth City Swim Club: Swimmers Pathway



# Perth City Swim Club: JS1&2 Pathway



## Invitation to attend & successful trial for Perth City Swim club:

- Entry Level to Perth City Swim Club
- 2 sessions per week, progressing to 3

### Focus on:

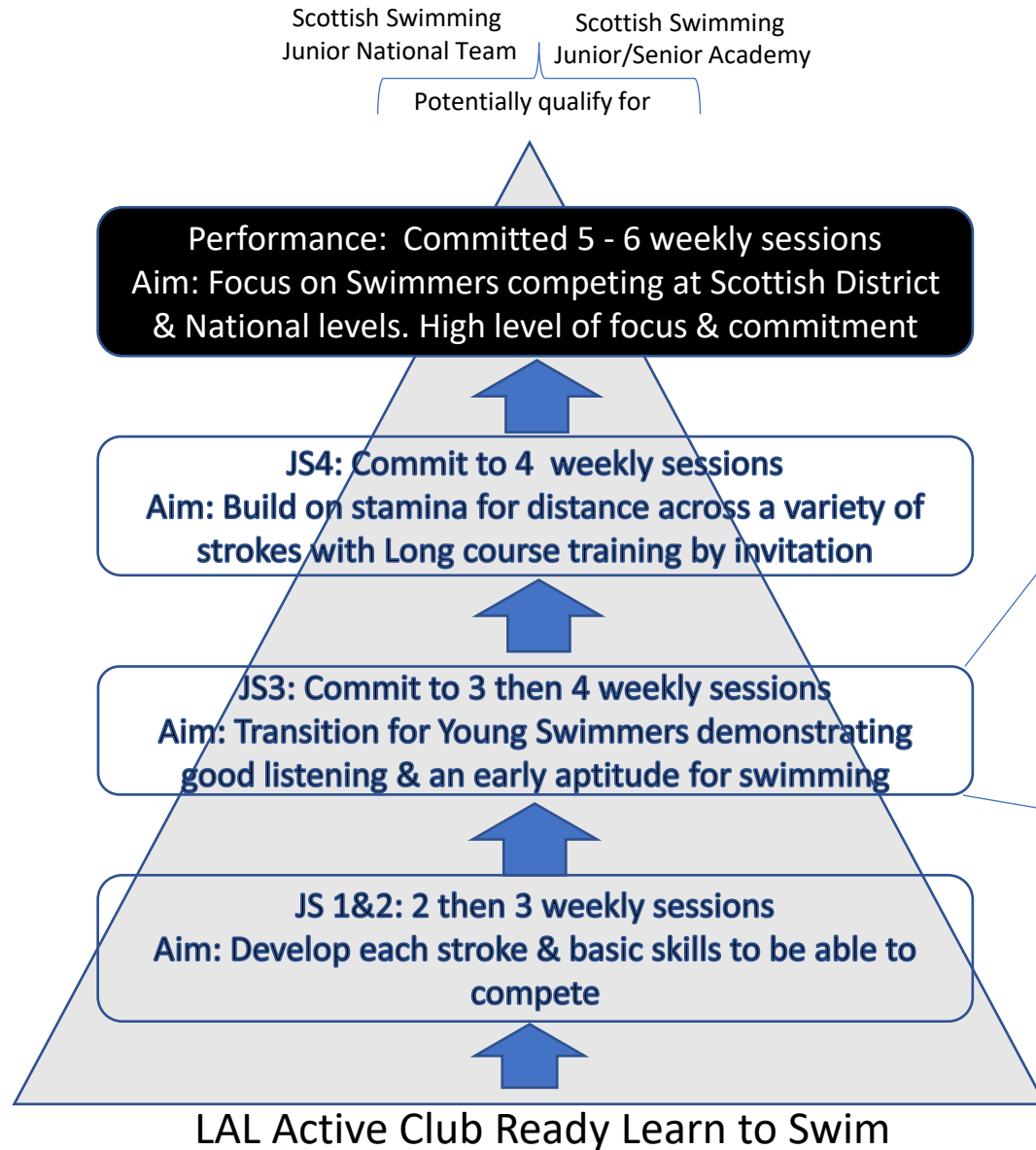
- Stroke development
- Listening & learning from coaching
- Develop towards competitive racing
- Becoming part of a team

### Competition Level:

- Club championships
- Mini meets



# Perth City Swim Club: JS3 Pathway



## To be considered for Junior Squad 3 a Swimmer would need to display:

- Good listening skills
- Retention of feedback
- Positive attitude towards coaching team, training & competition
- Be committed to 3 sessions per week; 80% attendance minimum
- Aim to hold good technique over longer distance

## Focus on:

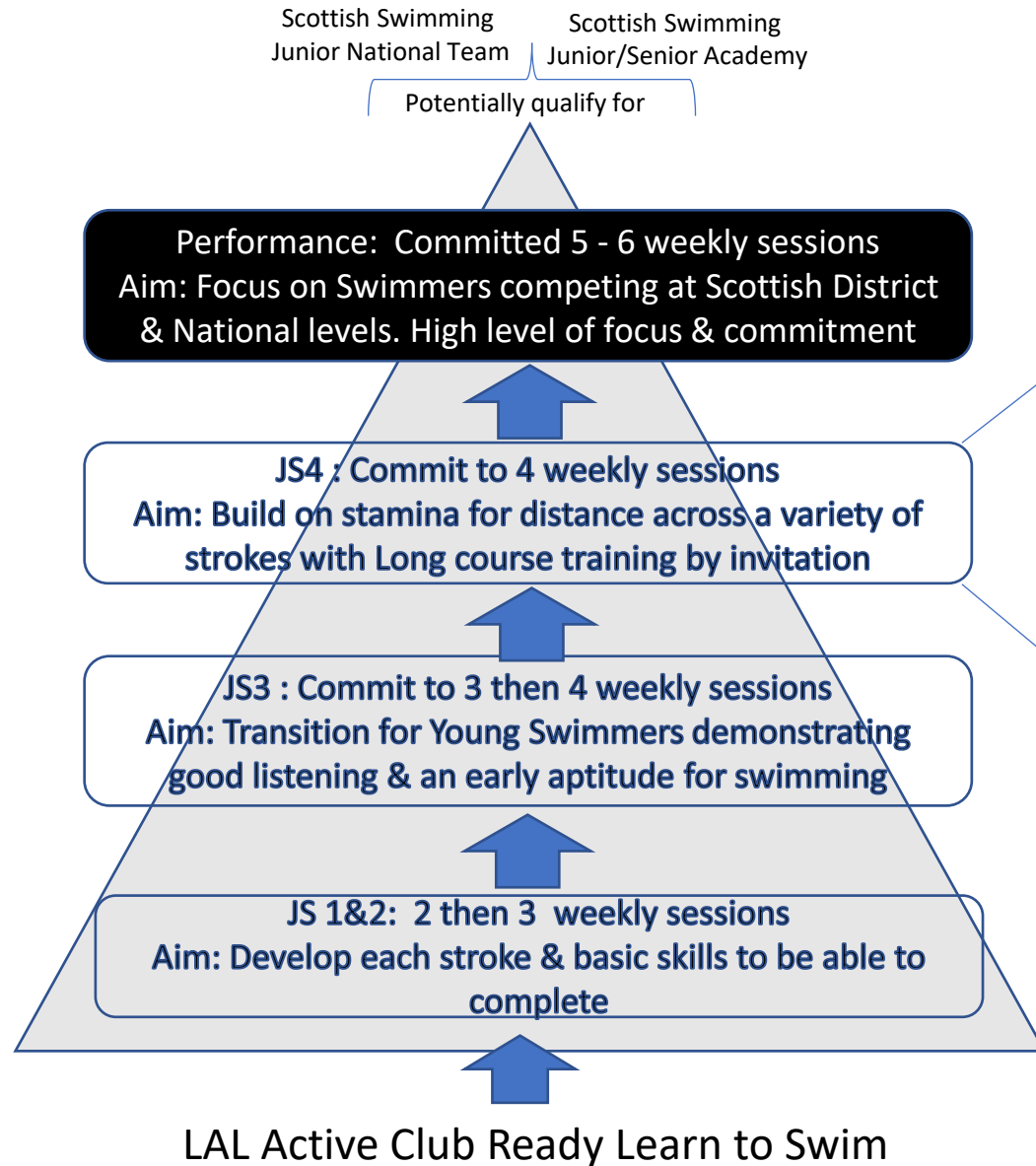
- Stroke development & improvement
- Starts/Turns
- More advanced sets & endurance introduced
- Learn to use pacing clock

## Competition Level:

- Mini Meets
- District leagues
- Introduction level to Midlands District as advised by coaching team



# Perth City Swim Club: JS4 Pathway



## To be considered for Junior Squad 4 a Swimmer would need to display:

- Good listening skills, train more independently
- Retention of feedback, focus and train hard
- Regular competitor at meets
- Mastered & competent at all four strokes
- 4 sessions per week mandatory & Long course training

## Focus on:

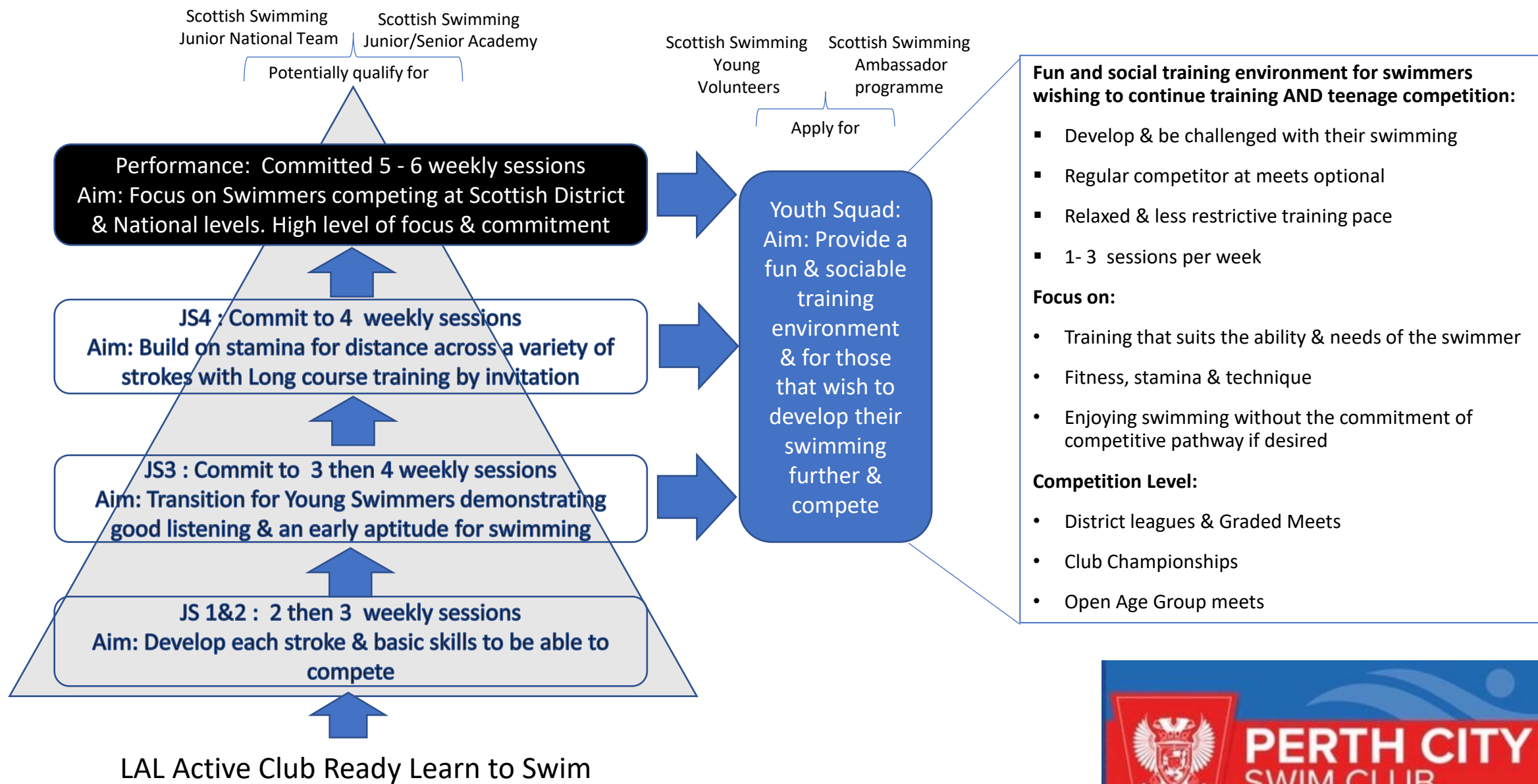
- Stroke development
- Stamina & personal fitness
- Variety of stroke focus
- Distance swimming
- Long course (50m) by invitation

## Competition Level:

- Graded Meets
- District leagues
- Competed at Midlands District

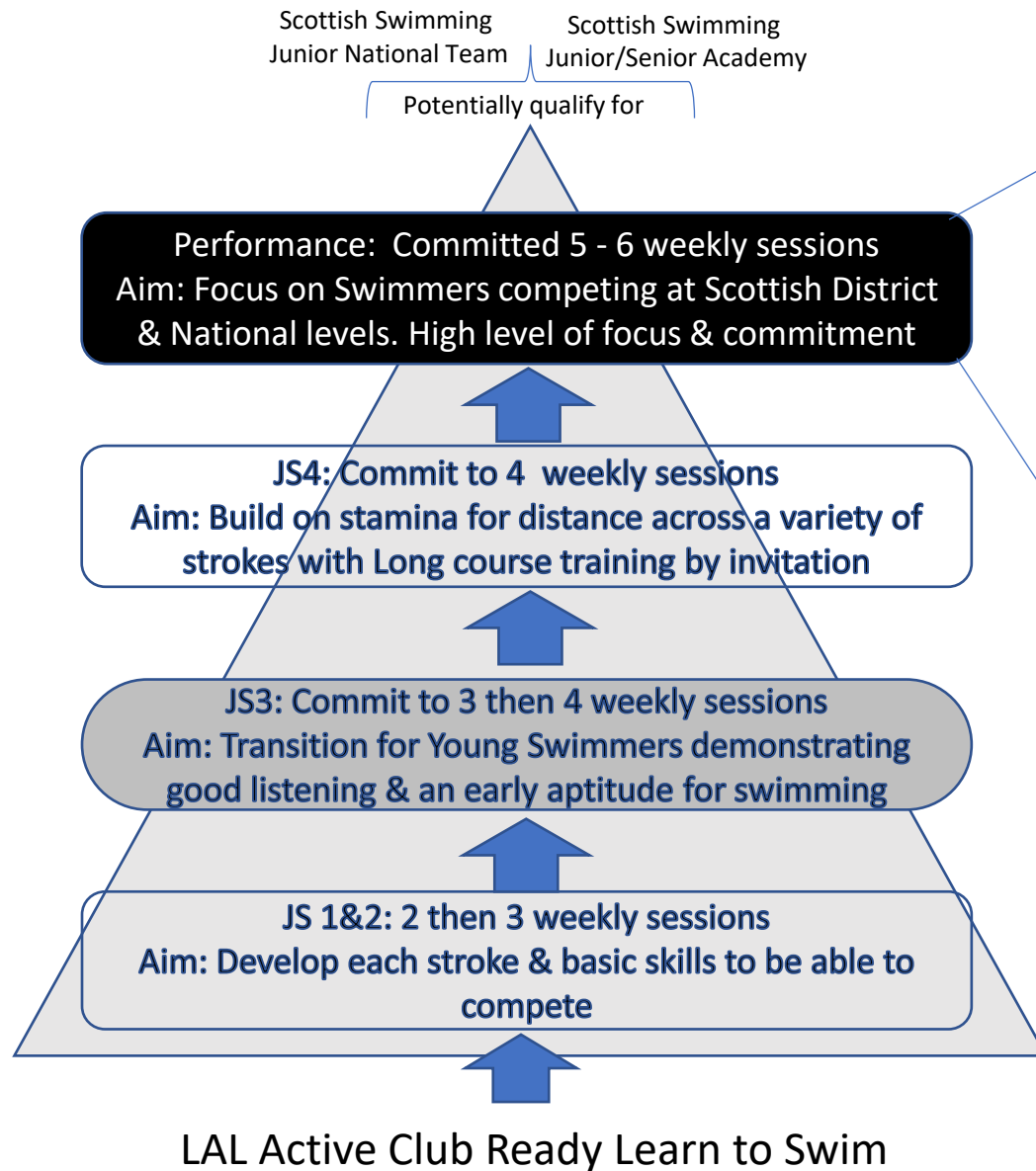


# Perth City Swim Club: Youth Squad





# Perth City Swim Club: Performance



- To be considered for Performance Swimmer would need to display:**
- Higher level of focus & commitment to the sport
  - Be committed to a minimum of 5 sessions per week & Long Course training
  - Probationary Period of 6 months with Coach/Swimmer & Parent feedback on aptitude, effort & progress prior to permanent place being offered
- Focus on:**
- Stamina
  - Variety or individual stroke/race focus
  - Distance swimming & Long course (50m) training
  - Introduction of land based training
- Competition Level:**
- National Level (SNAGS/Open)
  - District Championships
  - Progress towards British & Scottish meets
  - Potential for Warm weather training camp
  - Pathway to qualifying for National Programmes



# Perth City Swim Club: Kit list:

Junior Squad 1 & 2 Pathway	Junior Squad 3, 4 & Youth Squad
Club cap	Club cap x 2
Goggles	Goggles x 2
Water bottle	Water bottle x 2
Kickboard	Kickboard
Junior Pullbuoy	Junior Pullbuoy
Mesh poolside bag	Mesh poolside bag
Short Training Fins	Short Training Fins
	Hand paddles
Training snorkel	Training snorkel
PCSC T-shirt	PCSC T-shirt

Performance Squads
Club cap x 2
Goggles x 2
Water bottle x 3
Alignment Kickboard
Pullbuoy
Mesh poolside bag
Short Training Fins
Hand paddles
Training snorkel
Stretch bands & roller – see Land Coach
PCSC T-shirt

