



Swim Wales

Club Profile Portfolio Documentation

Aquatic Club – Discipline Competitive Swimming

July 2009





APPLICATION FORM FOR THE CLUB PROFILE AWARD

NAME OF CLUB

.....

CLUB SECRETARY

.....

ADDRESS

.....

.....

CODE.....POST

Telephone Number

.....

E-mail address

.....

Club Web Site address

.....

Signature of Club Secretary

.....

CATEGORY APPLIED FOR:

CATEGORY	PLEASE TICK AS APPROPRIATE
Fit Swim or Junior Fit Swim	
Level 1	
Level 2	
Level 3	
Level 4	
Level 5	



DRAGON MARK QUALITY ASSURANCE AWARD

CATEGORIES

- Part 1** **Dragon Mark Core Award – Generic across all disciplines**
- Part 2** **Dragon Mark for Swimmer Pathway, this to be Further identified as:**
 Fit Swim or Junior Fit Swim
 Level 1. Swimmer Pathway 1 Fundamentals
 Level 2. Swimmer Pathway 2 Swim Skills
 Level 3. Swimmer Pathway 3 Training to Train
 Level 4. Swimmer Pathway 4 Training to Compete
 Level 5. Swimmer Pathway 5 Training to Win

This then identifies clearly the level at which the club can operate in line with LTAD. The award would be at the highest level at which they can operate at. (If a club successfully submits a core award, but the Swimmer Pathway does not meet the standard of Swimmer Pathway 2 Swim Skills, then the club will be classified as a Fit Swim/Junior Fit Swim Club. This can then be updated once the club meets the required standard for Swimmer Pathway 2 or above).

- Part 3** **Dragon Mark Performance Levels 1 to 5 based on the annual results of both the swimmers *and the club across the five LTAD Levels.***



KEY AREA (ADP) Portfolio

Dragon Mark Club Profile Mapping Document

ADP 1	Swimmer Pathway 1 FUNdamentals		
1	Community Health and Fitness section	Details of Health & Fitness Section including training pathways/skills framework.	ADP4/200 ADP4/201
2	Athlete Provision – 30/45 minute lessons provided	Copy of Swim Lesson Programme	
3	Plan and implement a Skills development programme in line with stages 1 - 7 of the revised NPTS.	Copy of Swim Wales Club Handbook Technical Section, for stage 7 of the NPTS	ADP3/101 ADP3/111
4	Identify LTAD performance pathway for competitive swimmers	Copy of Club structure and training programme	ADP3/200 ADMF1/103 ADMF1/105 ADMF1/106
5	Promote LTAD programme in partnership with the Authority and pool provider	Signed copy of Water Dragons agreement Copies of Forum minutes/terms of reference	ADP1/400 ADP1/401
6	Promote and develop a competitive structure through partnerships	British Swimming Aqua Splash Pack	SPD2/300 ADPD2/100 ADPD2/200
7	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	Copy of the club structure showing the training pathway/skills framework at each stage of development in line with Swim Wales policy.	SDPD3/100
8	Provide Schemes of Work for each Stage from 1 to 7	Copies of Centres Schemes of work for Stages 1 to 6. Copy of Swim Wales Club Handbook Technical Section, for stage 7 of the NPTS	SPD3/101
9	Provide a complete set of session plans for Stage 1 to 7 in order to achieve outcome objectives	Copy of Centres session plans for stages 1 to 6. Copy of Swim Wales Club Handbook Technical Section, for Stage 7	SDPD3/111
10	Provide evidence of use of National Protocols.	Copy of NPTS criteria for achievement Copy of Swim Wales Club Handbook Technical Section for Performance Clubs	SDPD3/200
11	Evidence of Staff Qualifications	Copy of swim Wales Individual	ADMF5/600

		Teacher/Coach/Official/Team Manager Education and Development form for all staff, completed fully	
12	Fit Swim Programmes Levels 5 to 9	Copy of Swim Wales Fit Swim Handbook	SDPD4/200
13	Clear exit routes from Community Health and Fitness Clubs	Copy of Documentation showing the exit routes	
14	Skill Development programme for Community Health and Fitness Clubs	Copy of Swim Wales Fit Swim Handbook Copy of Swim Wales Club Handbook for Club Structure – Technical Skill Cards	SDPD4/200 SDPD3/201
15	Progression criteria for movement from group to group within the club.	Copy of attainment criteria for Stages 1 to 6 of the NPTS Copy of Swim Wales Club Handbook Technical Section for Stage 7	SDPD3/101
Comments			
Action Points			
ADP 2	Swimmer Pathway 2 Swim Skills		
1	Community Health and Fitness Section	Details of Health & Fitness Section including training pathways/skills framework.	ADP4/200 ADP4/201
2	Athlete Provision -4 to 6 sessions per week, 4 to 7 hours per week in water, 1 to 2 hours land work. Volume 8,000 to 16,000 metres per week	Copy of Swim Wales Club Handbook Technical for Club Structure Copy of Club programme to support the Club Handbook	SDPD3/100 SDPD3/200
3	Development Club – re structure of club	Copy of Swim Wales Club Handbook	SDPD3/100
4	Development Club re early competition	Copy of annual competitive programme, for each level of swimmer	ADPD2/100 ADPD2/200
5	Plan and implement a Skills development programme in line with stages 8 - 9 of the revised NPTS.	Club Handbook Technical Section, for stages 8 and 9 of the NPTS	SDPD3/102 SDPD3/103 SDPD3/112 SDPD3/113
6	LTAD Performance Pathway for competitive swimmers	Copy of Swim Wales Meet License & Competition for All Copy of Welsh Competition Structure	SDP2/200 SDP2/200
7	LTAD programme in partnership with Local Authority and Pool provider	Copy of signed Water Dragons partnership agreement	ADPD1/400
8	Progression criteria for movement from group to group within the club utilizing the principles of LTAD	Copy of Swim Wales Club Handbook Technical Section, for Stages 8 and 9	SDPD3/102 SDPD3/103

9	Promote and develop a competitive structure through partnerships	Copy of Welsh Competition Structure detailing which competitions you support	SDP2/200
10	Regional Level Competition	Swim Wales National Swimming League Swim Wales Junior Development Meet Regional Championships Sub Regional Championships	
11	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	SDPD3/100
12	Schemes of work for Stages 8 and 9	Copy of Swim Wales Club Handbook Technical Section, for stages 8 and 9 of the NPTS	SDPD3/102 SDPD3/103
13	Provide a complete set of session plans for Stage 8 and 9 in order to achieve outcome objectives	Copy of Swim Wales Club Handbook Technical Section, for Stages 8 AND 9	SDPD3/112 SDPD3/113
14	Land Training	Copy of Land Training programme for 1 to 2 hours	SDPD5/101 SDPD5/102 SDPD5/104 SDPD5/105 SDPD5/107
15	Plan and implement a Skills development programme in line with stage 10 of the revised NPTS. Single or double Periodisation	Club Handbook Technical Section, for stage 10 of the NPTS Club Handbook Technical Section for Performance Clubs	SDPD3/104 SDPD3/200
16	Plan and implement a Skills development programme in line with stages 10 of the revised NPTS. Training Cycles/Competition	Club Handbook Technical Section, for stages 10 of the NPTS Club Handbook Technical Section for Performance Clubs	SDPD3/114 SDPD3/200
17	Land Training	Copy of Land Training programme for 2 to 3 hours	SDPD5/101 SDPD5/102 SDPD5/104 SDPD5/105 SDPD5/107
18	Provide evidence of use of National Protocols.	Copy of NPTS criteria for achievement Copy of Swim Wales Guidance Pack Technical Section for Performance Clubs	SDPD3/200
19	Evidence of Staff Qualifications	Copy of swim Wales Individual Teacher/Coach/Official/Team Manager Education and Development form for all staff, completed fully	ADMF5/600
20	Fit Swim Programmes Levels 10 to 14	Copy of Swim Wales Fit Swim Handbook	SDPD4/200

21	Clear exit routes from Community Health and Fitness Clubs	Copy of Documentation showing the exit routes	
22	Skill Development programme for Community Health and Fitness Clubs	Copy of Swim Wales Fit Swim Handbook Copy of Swim Wales Club Handbook for Club Structure – Technical Skill Cards	SDPD4/200 SDPD3/201
23	Progression criteria for movement from group to group within the club.	Copy of Swim Wales Club Handbook Technical Section for Stages 8 and 9	SDPD3/102 SDPD3/103
Comments			
Action Points			
ADP 3	Swimmer Pathway 3 Training to Train		
1	Athlete Provision -6 to 12 sessions per week, 12 to 24 hours per week in water, 2 to 3 hours land work. Volume beginning at 24,000 metres up to 42,000 metres	Copy of Swim Wales Club Handbook Technical for Club Structure and Performance Clubs. Copy of Club programme to support the Club Handbook	SDPD3/100 SDPD3/200
2	Development Club – re structure of club	Copy of Swim Wales Guidance Pack Technical for Club Structure	SDPD3/100
3	Development Club re early competition	Copy of annual competitive programme, for each level of swimmer	ADPD2/100 ADPD2/200
4	LTAD Performance Pathway for competitive swimmers	Copy of Swim Wales Meet License & Competition for All Copy of Welsh Competition Structure	SWLM2 SDP2/200
5	LTAD programme in partnership with Local Authority and Pool provider		
6	Utilize the principles of LTAD, together with the experience of the Club Coaching staff to design and operate the system of progression within the squad structure.	Club Structure Document showing criteria for movement for each group. This to be published	SDP3/200 SDP3/104 SDP3/105
7	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	SDPD3/100
8	Promote and develop a competitive structure through partnerships	Copy of Welsh Competition Structure detailing which competitions you support	SDP2/200
9	Regional Level Competition	Swim Wales National Swimming League Swim Wales Junior Development Meet Regional Championships	

		Sub Regional Championships	
10	Use national protocols and standards where appropriate within the Club	Club structure, with the National Protocols shown as appropriate.	SDP3/200
11	Evidence of Staff Qualifications	Copy of swim Wales Individual Teacher/Coach/Official/Team Manager Education and Development form for all staff, completed fully	ADMF5/600
12	Provide a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria	Club structure showing criteria for movement for each group	SDP3/100 SDP3/104
Comments			
Action Points			
ADP 4	Swimmer Pathway 4 Training to Compete		
1	Athlete Provision -8 to 12 sessions per week, 16 to 24 hours per week in water, 3 to 4 hours land work. Volume 42,000 metres plus.	Copy of Swim Wales Club Handbook Technical for Club Structure and Performance Clubs Copy of Club programme to support the Club Handbook	SDPD3/100 SDPD3/200
2	LTAD Performance Pathway for competitive swimmers	Copy of Swim Wales Meet License & Competition for All Copy of Welsh Competition Structure	SWLM2 SPD2/200
3	LTAD programme in partnership with Local Authority and Pool provider		
4	Utilize the principles of LTAD, together with the experience of the Club Coaching staff to design and operate the system of progression within the squad structure.	Club Structure Document showing criteria for movement for each group. This to be published	SDP3/200 SDP3/105
5	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	SDPD3/100
6	Promote and develop a competitive structure through partnerships	Copy of Welsh Competition Structure detailing which competitions you support	SDP2/200
7	Regional Level Competition	Swim Wales National Swimming League Swim Wales Junior Development Meet Regional Championships Sub Regional Championships	

8	Double or Triple Periodisation	Club Handbook Technical Section for Performance Clubs	SDPD3/200
9	Training Cycles/Competition	Club Handbook Technical Section for Performance Clubs	SDPD3/200
10	Land Training	Copy of Land Training programme for 3 to 4 hours	SDPD5/101 SDPD5/102 SDPD5/104 SDPD5/105 SDPD5/107
11	Use national protocols and standards where appropriate within the Club	Club structure, with the National Protocols shown as appropriate.	ADP3/200
12	Evidence of Staff Qualifications	Copy of swim Wales Individual Teacher/Coach/Official/Team Manager Education and Development form for all staff, completed fully	ADMF5/600
13	Provide a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria	Club structure showing criteria for movement for each group	SDP3/100
Comments			
Action Points			
ADP 5	Swimmer pathway 5 Training to Win		
1	Athlete Provision -10 to 15 sessions per week, 20 to 24 hours per week in water, 3 to 6 hours land work. Volume 42,000 metres plus, dependant on specialisms	Copy of Swim Wales Club Handbook and Performance Clubs Copy of Club programme to support the Club Handbook	SDPD3/100 SDPD3/200
2	LTAD Performance Pathway for competitive swimmers	Copy of Swim Wales Meet License & Competition for All Copy of Welsh Competition Structure	SWLM2 SDP2/200
3	LTAD programme in partnership with Local Authority and Pool provider		
4	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	Establish and continually monitor and review the Club's facility usage to ensure effective delivery of services	SDPD3/100
5	Promote and develop a competitive structure through partnerships	Copy of Welsh Competition Structure detailing which competitions you support	SDP2/200
6	Regional Level Competition	Swim Wales National Swimming League Swim Wales Junior	

		Development Meet Regional Championships Sub Regional Championships	
7	Double, Triple or Multiple Periodisation	Club Handbook Technical Section for Performance Clubs	SDPD3/200
8	Training Cycles/Competition	Club Handbook Technical Section for Performance Clubs	SDPD3/200
9	Land Training	Copy of Land Training programme for 3 to 6 hours	SDPD5/101 SDPD5/104 SDPD5/105 SDPD5/107
10	Use national protocols and standards where appropriate within the Club	Club structure, with the National Protocols shown as appropriate.	ADP3/200
11	Evidence of Staff Qualifications	Copy of swim Wales Individual Teacher/Coach/Official/Team Manager Education and Development form for all staff, completed fully	ADM5/600
Comments			
Action Points			
ADP 6	Club will participate fully in the Governing Body's Talent ID programme.		
1	Ensure awareness of Welsh and British swimming selection criteria for International representation and Talent ID selection	Copy of National Policy Documents, with details of how the information is disseminated to club members	
2	Maximize number of CLUB swimmers achieving Youth selection criteria	Copy of National Policy Documents, with details of how the information is disseminated to club members	
3.	Maximize number of CLUB swimmers achieving Regional development selection criteria.	Copy of National Policy Documents, with details of how the information is disseminated to club members	
4	Maximize number of CLUB swimmers achieving Regional Skills 1 selection criteria.	Copy of National Policy Documents, with details of how the information is disseminated to club members	
5	Maximize number of CLUB swimmers achieving Regional Skills 2 selection criteria.	Copy of National Policy Documents, with details of how the information is disseminated to club members	

Comments			
Action Points			



KEY AREA (ADP 1)

Swimmer Pathway 1 FUNdementals



KEY AREA (ADP 2)

Swimmer Pathway 2 Swim Skills



KEY AREA (ADP 3)

Swimmer Pathway 3 Training to Train



KEY AREA (ADP 4)

Swimmer Pathway 4

Training to Compete



KEY AREA (ADP 5)

Swimmer Pathway 5 Training to Win



KEY AREA (ADP 6)

**Club will participate fully in the Governing
Body's Talent ID programme**

