



Swim Wales

Club Profile Audit

Aquatic Club – Discipline Competitive Swimming

May 2009





	Question/Reference	Yes/No	Comments
ADP 1 – Swimmer Pathway 1 FUNdamentals			
1	Do you have a Community Health and Fitness section?		
2	Athlete Provision – sessional 30-45 minutes		
3	Skill Criteria – Revised NPTS Stages 1 to 7		
4	Can you identify a LTAD performance pathway for competitive swimmers?		
5	Will you promote LTAD programme in partnership with the Authority and pool provider?		
6	Do you promote and develop the competitive structure through partnerships?		
7	Do you continually monitor and review the Club's facility usage to ensure effective delivery of services?		
8	Schemes of Work – one for each stage of the NPTS		
9	Session Plans – complete set for each stage in order to deliver outcomes		
10	Do you use national protocols and standards where appropriate within the Club?		
11	Lead Instructor Qualified to UKCC Level 2 Teaching Aquatics		
12	Fit Swim Programme Levels 5 to 9		
13	Community Health and Fitness clubs – clear exit routes?		
14	Community Health and Fitness clubs – skill development?		
15	Can you show a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria?		
ADP 2 – Swimmer Pathway 2 Swim Skills			
1	Do you have a Community Health and Fitness section?		
2	Athlete Provision – 4 to 6 sessions of 60 or 90 minutes duration		
3	Development Clubs – Structure in line with Swim Wales Guidance Pack for club structure?		
4	Development Clubs – Appropriate early competition in line with the competition calendar?		
5	Skill Criteria – Revised NPTS Stages 8 and 9		
6	Can you identify a LTAD performance pathway for competitive swimmers?		
7	Will you promote LTAD programme in partnership with the Authority and pool provider?		
8	Do you 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?		
9	Do you promote and develop the competitive structure through partnerships?		
10	Do you support the provision of appropriate competitive challenges at a		

	regional level which meet the requirements of the long term athlete development programme?		
11	Do you continually monitor and review the Club's facility usage to ensure effective delivery of services?		
12	Schemes of Work – one for Stage 8 and one for Stage 9		
13	Session Plans – complete set for each stage in order to deliver outcomes.		
14	Land Training – 1 to 2 hours		
15	a) Skill Criteria - Revised NPTS Stage 10 b) Single or Double Periodisation		
16	a) Scheme of Work for Stage 10 of Revised NPTS b) Training Cycle(s) plan with complimentary calendar of competition		
17	Land Training – 2 to 3 hours		
18	Do you use national protocols and standards where appropriate within the Club?		
19	Lead Coach Qualified at UKCC Level 2 Teaching Aquatics and UKCC Level 1 Coaching		
20	Fit Swim Levels 10 to 14		
21	Community Health and Fitness clubs – clear exit routes?		
22	Community Health and Fitness clubs – skill development?		
23	Can you show a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria?		
ADP 3 – Swimmer Pathway 3 Training to Train			
1	Athlete Provision – 12 to 24 hours		
2	Development Clubs – Structure in line with Swim Wales Guidance Pack for club structure?		
3	Development Clubs – Appropriate early competition in line with the competition calendar?		
4	Can you identify a LTAD performance pathway for competitive swimmers?		
5	Will you promote LTAD programme in partnership with the Authority and pool provider?		
6	Do you 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?		
7	Do you continually monitor and review the Club's facility usage to ensure effective delivery of services?		
8	Do you promote and develop the competitive structure through partnerships?		
9	Do you support the provision of appropriate competitive challenges at a regional level which meet the requirements of the long term athlete development programme?		
10	Do you use national protocols and standards where appropriate within the Club?		
11	Lead Coach Qualified to UKCC Level 2 (ASA Club Coach)		
12	Can you show a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria?		
ADP 4 – Swimmer Pathway 4 Training to Compete			
1	Athlete Provision – 16 to 24 hours		
2	Can you identify a LTAD performance pathway for competitive swimmers?		
3	Will you promote LTAD programme in partnership with the Authority and pool provider?		
4	Do you 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?		
5	Do you continually monitor and review the Club's facility usage to ensure effective delivery of services?		
6	Do you promote and develop the competitive structure through partnerships?		
7	Do you support the provision of appropriate competitive challenges at a regional level which meet the requirements of the long term athlete development programme?		
8	Double or Triple Periodisation		
9	Training Cycles Plans with complimentary calendar of competition		
10	Land Training – 3 to 4 hours		
11	Do you use national protocols and standards where appropriate within the Club?		
12	Lead Coach Qualified to UKCC Level 2 or 3 (ASA Club Coach or Coach)		
13	Can you show a smooth progression for swimmers as they progress from group to group within the Club with clearly identified criteria?		
ADP 5 – Swimmer Pathway 5 Training to Win			
1	Athlete Provision – 20 to 24 hours		
2	Can you identify a LTAD performance pathway for competitive swimmers?		
3	Will you promote LTAD programme in partnership with the Authority and pool provider?		
4	Do you continually monitor and review the Club's facility usage to ensure effective delivery of services?		
5	Do you promote and develop the competitive structure through partnerships?		
6	Do you support the provision of appropriate competitive challenges at a regional level which meet the requirements of the long term athlete development programme?		
7	Double; Triple or Multiple Periodisation		
8	Training Cycles Plans with complimentary calendar of competition		
9	Land Training – 3 to 6 hours		
10	Do you use national protocols and standards where appropriate within the Club?		
11	Lead Coach Qualified to UKCC Level 3 (ASA Coach)		

ADP 6 - Miscellaneous Information			
1	Do you notify members of Welsh and British squad times?		
2	Do you support members at Youth Level?		
3	Do you support members at Regional Level?		
4	Do you support members at Regional Skills 1 Level?		
5	Do you support members at Regional Skills 2 Level?		

