



CBSS Link Programme 2018

Introduction

The CBSS Link programme is a partnership between the home clubs of Central Bedfordshire and Central Bedfordshire Swim Squad (CBSS). The programme is aimed at young talented swimmers from the clubs to assist with their development as a swimmer and to gradually progress them into CBSS. The sessions with the Link group of CBSS are additional to those trained at their home clubs, so for example a link swimmer may train 2 times a week with CBSS Link and 3 times a week back at their home clubs. During the Link sessions swimmers are monitored, assessed and their progress reported back to their parents and home club coaches.

Swimmer's Traits and Characteristics

Swimmers selected for the CBSS Link programme are first identified by their times in accordance to the entry times below but we also look for the swimmers who have the following qualities;

- Commitment (history of good attendance at their home clubs)
- Willingness to learn
- Good behaviour
Respectable to coaches and fellow swimmers,
- Are they coachable? By this we want to know if they apply feedback given by the coaches, do they learn and move forwards?
- We also look at the swimmers ability to hold good stroke technique across all four competitive strokes. Technique is the most important element in swimming, so we look for good technicians.

Entry Criteria

Below is a table of 9 elements and their respective entry times. There are 9 different elements because swimmers of a young age should have a multi stroke approach to their swimming and need to have a good engine for endurance, the ability to move fast at a high speed and kick and pull both provide balance to their stroke technique. Essentially young swimmers should work on all aspects of their swimming and only specialise when they are a youth swimmer, approximately aged 15-16 years. The CBSS Link and Performance B programmes all have a multi stroke and multi distance focus, so swimmers need to be well rounded stroke technicians.

As mentioned above the CBSS Link programme is for the most talented young swimmers from each home club. Therefore the below entry times are used to compile a list of potential candidates but we also look at swimmers who are making the Bedfordshire County Championship finals in the age groups of 10 – 13 years.



CBSSS Link Entry MALE & FEMALE (25m)								
200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free	400 Free
02:42.12	01:24.63	01:36.29	00:42.63	03:15.61	04:07.04	03:05.28	00:16.17	05:38.42

**Swimmers who make Bedfordshire County finals will have their times compared to this table and their characteristics discussed with their Home Club coach for selection into CBSS Link.*

Swimmer Selection

As mentioned above a draft list of swimmers are made by the CBSS coaching team. This list is derived from those who are County finalists; either has a number of the entry times, or is close to the entry times aged 10 – 13 years. From this we discuss the swimmers with their home club Head Coach to make sure each swimmer ticks the traits and characteristics section then we make a collective decision on their invitation into CBSS Link.

Swimmers are invited to join CBSS Link for the start of each training programme (September and March).

Link Programme Content

The programme is a multi-stroke programme with stroke technique and racing skills the main focus for every session. The intensity is generally of a steady rate to assist the swimmers with stroke development and their ability to hold stroke quality and length during a session. Speed is also a key part of the programme in which the intensity if of a very high level, however the distance is no more than 25 meters with a long recovery time or recovery swims. All 9 elements in the table above will be developed and further developed during the programme. Each key Link session will introduce, develop, further develop and assess each element as the programme progresses through each phase.

Link swimmers will undertake two programmes per season;

1. September – February
2. March – July



Assessment System

Swimmers will undertake 9 assessment swims per programme, each assessment is the same as the table of entries above. All four competitive strokes, Individual Medley, kick, pull, speed and endurance are all monitored, assessed and reported back to parents and swimmers. Coach parent meetings take place at the end of each programme in which the CBSS coach will produce a report on the swimmers progress in Link and what they need to do to transition into Performance B CBSS.

For each element the swimmers are assessed, they will receive a finishing time and a technique/skill score. The swimmers must aim to hit the target times but also score high for technique/skill on all elements. Again the message we wish to convey is that technique is the most important element in swimming and this must be at the forefront of every swimmers minds when in training. Their efforts on developing good technique/skills will be highlighted when they race or perform an assessment swim at maximum effort. From here the swimmers will receive feedback on what areas to improve.

Movement into Performance B of CBSS main Squad

To move into Performance B of CBSS a swimmer must first have a strong attendance record in the Link programme and at their home club. Second they must've displayed all of the characteristics and traits expected of a swimmer in Link on a daily basis. Third they need to have scored highly on technique/skill in all assessment swims. Fourth, achieved the times for entry into Performance B.

Swimmers who have successfully achieved the above criteria will be are invited to join Performance B following the end of their training programme with Link (start with Performance B either September or March).

Movement back to Home Club

Swimmers have the choice and option to move back to train fully with their home club at any time should they wish to. If the swimmers are showing no or very little progress in their transition into Performance B of CBSS then they may be asked to leave Link and return to train fully at their home club to make room for other swimmers coming through. All of this will be clearly discuss and communicated at coach parent meetings. The aim of CBSS Link is to assist with the development and transition of swimmers into Performance B. The CBSS and home club coaches will fully support and do whatever they can to help the swimmers in Link progress and enjoy their swimming. Every swimmer has a place that is best for them and a move back to their home club shouldn't be seen as a negative result, the home club is where the swimmer was developed and supported in the first place, and they can continue to improve and enjoy swimming no matter what programme they are in.



For further information and discussion please contact you home club head coach and the below contacts;

CBSS Link Lead – Steve Davies, nbersteve@gmail.com

CBSS Head Coach – Tom McManus, tommcmamus99@gmail.com

Many Thanks

CBSS