



...Planning for Success...

A NEW SYSTEM

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1. Background

Swimming is one of the core sports that defines any Olympic Games, and as such enjoys a significant level of global interest and investment across a wide and expanding array of countries. Indeed, at the 2011 World Championships in Shanghai, China, no less than 178 countries were represented for a total of 2,157 competing athletes.

Ironically, the spread of medals across the competing nations in recent times has remained mostly stable. Since the 1988 Seoul Olympic Games, the number of countries reaching the podium has varied between 17 – 22, with the lowest figure surprisingly relating to the most recent London Games.

As a nation, Great Britain has produced a modicum of success in the modern Olympic era*. A total of 29 medals have been returned in this era, but if you were to split this 12 Games cycle into two equal sections, the 1968 – 1988 era produced 18 medals, whilst the 1992 – 2012 period only 11. Indeed, delving even further, no British Olympic Team has won more than 3 'pool' medals at any of the last 7 Games.

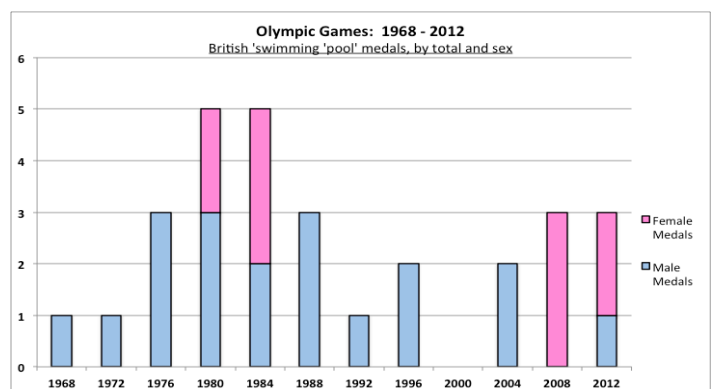
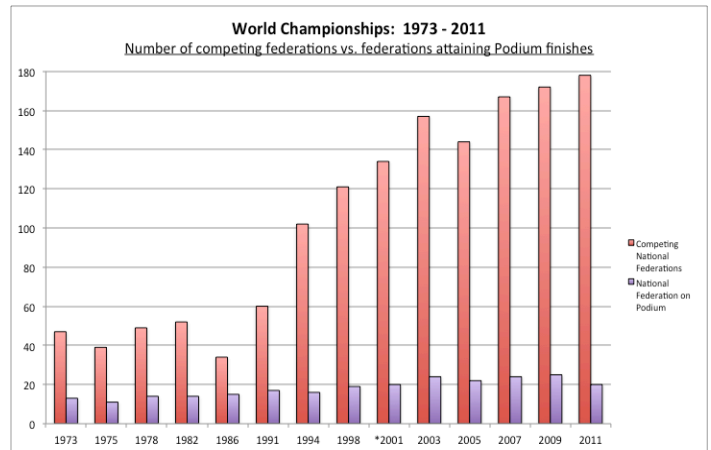
Whilst it is easy to focus on the occasional 'purple-patch' (the World Championship results in 2001, 2003 and 2009 appeared to signal an upturn in performance), these statistically insignificant changes have not brought about any fundamental improvement in the fortunes of our sport.

More troubling is that since 1998, the investment into Swimming of Lottery Funding has amounted to a figure in excess of £70million, and whilst there have been some notable highlights, the hard fact is we have relied on supremely talented individuals to win the few Olympic medals we have claimed, as opposed to having created a system that guarantees a production line of success.

Clearly as a sport that enjoys such significant investment from the public purse, this situation cannot be seen to continue.

Internal reviews and reports in recent times commissioned by ASA/British Swimming have almost exclusively been reactionary and based on disappointing outcomes from individual events. It has been some good time since any proactive work has been done to improve the underlying health of the system (late 1990's when some initial work was done to document a Long Term Athlete Development Strategy). We should be reminded that one of UK Sport's key strategic aims at the start of the Rio Cycle was to 'build a stronger, more sustainable high performance system'. Never was this more apt than within our domain.

Clearly we need to be able to report to our key funding partners and stakeholders that we have a system in place that fully supports our High Performance aspirations. At this point in time, we cannot do this.



* defined as since 1968 when the number of events increased sharply

2. The catalyst for change?

In addition to the background commentary, there are a number of unequivocal statements which sum up our current state of play:-

- In the Lottery-funding era (1998-), British pool swimmers have been no more successful at the Olympic Games than in the pre-funding period.
- Whilst there has been continual improvement in our performances at European Junior Championship level, this has not translated into significantly better World Championship or Olympic Games results.
- There has been a large investment of public money made in the sport so far, and heightened levels of scrutiny by Government (in these austere times) means that these funds need to be fully justified now more than ever.
- British Swimming receives a significant amount of public funding by virtue of the UK Sport Grant; it receives a global sum and then has the ability to allocate these funds as it sees appropriate. Clearly this allocation is a performance-based decision and British Swimming needs to channel these resources to the athletes where the best performance outcomes can be attained – this has to be in medal returns in **Individual & Relay Events** at European and World Championships, and the Olympic Games.
- UK Sport has a clear 'no compromise' approach to their financial support, which is designed to provide honesty around the mission. With this aim in mind, no element of the training and preparation of our best medal hopes can be compromised if they are to succeed. British Swimming has to be very clear when apportioning their resources to take a lead from this 'no compromise' approach to investment.

3. Perceived shortcomings of the current 'British System'.

Limited initial consultation with a wide group of stakeholders (including British Swimming staff, the BSCA, Home Nations Performance staff, former Olympic coaches and athletes) has thrown up a number of consistent and worrying statements around the perceived shortcomings of the current 'system'. These can be summarized as follows:-

- A fundamental lack of technical excellence within our developing young swimmers.
- The use of the stopwatch by many coaches as the primary driver to develop our young swimmers, as opposed to quality 'technical' skill development and enhancement.
- A lack of interest shown by experienced Head Coaches into their own club's development squads/programmes.
- The belief that our most experienced coaches are working with flawed raw material – by the time they come into contact with developing swimmers they are effectively trying to polish rocks as opposed to polishing diamonds.
- The extreme focus that is placed on junior outcomes, be that success for club swimmers at Age Group level or milestone outcomes of British Teams competing at the European Junior Championships, is compromising our goal senior success. There is a lack of understanding that the ultimate outcomes from any junior development programme is the creation of a production line of athletes capable of achieving senior success.
- A current single, linear pathway that sees the competitive experience for many swimmers conclude at differing times of the season, depending on competence. Not enough swimmers are able to conclude a productive 'whole' season experience.
- The inability of our best senior swimmers to perform skills to a high level under pressure.
- The loss of racing skills in the heat of the battle – poor tactical awareness and a limited ability to win the close battles.
- The inability of our best swimmers to perform optimally when it matters - at a given time on a given date under any environmental conditions in the benchmark meets.

- The inability of our swimmers to perform strong qualifying heat and semi-final swims as a 'clinical action', with minimal physical exertion, emotion and stress.
- A lack of belief and mental robustness displayed by our most promising talent.

4. Underlying principles for a new system.

In proposing a new system, British Swimming needs to look to develop a set of clear and unequivocal principles which are above discussion; such that anyone involved in High Performance sport would consider these to be obvious and 'a given'. (Clearly there are and will always be many differing coaching opinions; in any given Olympic swimming final every single competing athlete will be following a slightly different coaching programme. However, the importance of setting out start principles is to ensure we are all focused on the same outcomes, although the agreed pathway to get there may be open to debate).

The principles we should consider are as follows:-

- *British Swimming will be synonymous with international success at the highest level.*
- *The goal of British Swimming's Performance Pathway will be to ensure all swimmers have an enjoyable and fulfilling experience within the sport, and those who aspire to achieve Olympic success are fully supported in doing so.*
- *The long-term development of all of our athletes will be at the centre of all of our thinking.*
- *We have a sustainable performance pathway, over-stocked with a long-term production line of exciting and robust talent in every event.*
- *An appropriate Domestic Competition Structure should fully support and be in synergy with our high performance aspirations, fully aligned across the home nations.*
- *The Domestic Competition Structure will be fully aligned with the competitive structure promoted by the International Federation (in our case the FINA).*
- *A National Development Syllabus will be in place that determines and then quality controls the skills being taught to and then produced by our junior swimmers, and fully supports the optimal athletic development of all participants.*
- *A Regional Programme will be implicitly linked to and underpinning the National Development Syllabus, with it's own culmination event, providing a credible and sustainable pathway in the development of our junior swimmers.*
- *The Performance Pathway will be progressive in producing high quality swimmers who, by following a prescribed journey, can produce significant senior international results. This Pathway will assist our associated clubs in retaining their memberships by providing an appropriate and progressive set of competitive experiences, commensurate with their performance level.*
- *The British Championships will be a true high performance experience positioned at an appropriate time of the year to complement the international calendar.*

5. High level strategy for the future

A progressive high performance programme in any sport involves change. Indeed it is the ability to embrace change that sets some sports apart from others. At times of success, the need for change might not always be obvious; in periods when results are not forthcoming resistance to change has the potential to send the sport into a black hole where performances regress further and access to government grant funding becomes non-existent.

Swimming is in a period of its evolution where we have to change, provide some radical solutions and set aside our preconceived ideas of what the future should look like.

Change will ultimately need to take the form of:-

- implementing a completely new Domestic Competition Framework which encourages our athletes to **grow in a positive and progressive manner, guarding against any excessive accelerated development** at junior ages, and preparing them for **senior success**.
- creating a system where the **range and quality of high performance skills** being taught is **strategically determined and controlled** to provide our swimmers with a staged introduction into the discipline, whilst at the same time ensuring the execution of fundamental skills becomes a technical priority.
- creating more **appropriate season-long competition opportunities** for the 13-18 year age range in particular where it appears there are some significant drop-out issues due to disillusionment and demotivation caused by competing against older athletes.
- creating a system that **empowers coaches** to make the appropriate choices with each individual athlete rather than having the structure impose these decisions across everyone.
- creating a system that provides the **opportunity for Home Nations and Regions to develop and flourish** by reinforcing a meaningful layer between Club and British programmes.

This will help up to:-

- create of a Performance Pathway which is to the benefit **for all** – not just high performance athletes and Olympic outcomes – which helps clubs and coaches retain membership and manage athlete/parent expectations.
- provide an opportunity for the ASA/British Swimming to re-engage with the Home Nations and Regions, providing an increased opportunity to align with and contribute towards the Performance Pathway.
- revitalise the Coach Education & Development system and its connection to the Pathway, particularly with the recently bolstered Home Nations' Talent Programme initiative.
- Improve the quality of National events and the athlete/coach/parent experience.
- provide greater logic, leadership, and a stronger periodisation framework for coaches provided by the Annual Calendar Plan.
- provide revenue opportunities for Clubs and Regions.
- be more successful as a nation at milestone World Championship and Olympic events.

To support the proposed changes to the Competition Structure, we are also proposing the introduction of a National Development Syllabus (NDS) framework of compulsory high performance racing skills that will be reviewed on a bi-annual basis. This is addressed in greater detail in section 8.

6. Calendar Planning.

The flow of the competition calendar in any sport is crucial in ensuring athletes have time to:-

- a) develop and perfect new skills
- b) systematically implement new skills in a competitive environment through a progressive set of events.
- c) optimize their preparation to perform at the target events of the year.
- d) execute their performance at any time and in any venue, when required, to perfection.
- e) rest and recuperate, and prepare for the next phase.

Attached is a proposed provisional Annual Calendar Plan that outlines the potential timeframes for all of the significant swimming events, crucially allowing coaches the opportunity to plan and periodise their own year around a small number of landmark events.

Each Pathway will be interrelated, but also be self-contained in its own right, occupying its own space in the calendar. The 'flow' of final events for each Pathway will be timed, so that Regional, Home Nation, British and World Championship/Olympic events conclude in this order.

The phases of the calendar plan can be summarised in the following table:-

	Calendar Weeks	JUNIOR / AGE GROUP	SENIOR	SENIOR INTERNATIONAL
September - December	36 – 52	<ul style="list-style-type: none"> • Development phase for young swimmers, to include County Development Camps and club open meets. • Home National Profiling and Talent Camps to be undertaken. • Qualifying times for County Championships to be achieved. • Period to be primarily used to teach, develop and test out new skills and strategies. 	<ul style="list-style-type: none"> • Development phase for senior swimmers. • Period focuses on an opportunity to compete short course at Regional and Home Nation events. • Fast dynamic swimming with a focus on high quality starting and turning skills. • Ideal phase for home programme overseas training camps. 	<ul style="list-style-type: none"> • Short course season. • Numerous racing opportunities through the World Cup Series of events. • Culmination of this period will be either the European Short Course or World Short Course Championships. • British Swimming National Camps – Event and Altitude • British Swimming 3TP Camps in Japan.
January - February	1 – 7	<ul style="list-style-type: none"> • County Championship period, creating an opportunity to make qualifying times for Regional Championships. • Licensed club open competitions providing development opportunities for swimmers and again opportunities to make qualifying times for Regional Championships. 	<ul style="list-style-type: none"> • Preparation competition phase for British Championships / Trials. • Licensed club open competitions providing development opportunities for swimmers. • Ideal phase for home programme overseas training camps. 	<ul style="list-style-type: none"> • International competition opportunities – Flanders Meet / Berlin Meet / AUS Grand Prix etc. for those focussed on the end of season benchmark international meets. • British Swimming National Camps – Relay and Altitude
February - March	8 – 13	<ul style="list-style-type: none"> • Competition blackout for all level 1 & 2 meets. • Strict development time for junior swimmers. • Ideal phase for junior home programme training camps. 	<ul style="list-style-type: none"> • Preparation competition phase for British Championships / Trials. 	<ul style="list-style-type: none"> • Preparation phase for the British Championships / Trials
April / May	14 – 22	<ul style="list-style-type: none"> • Qualifying window for the British Junior Championships. • Regional Championships take place as the ideal qualification opportunity for the British Junior Championships. 	<ul style="list-style-type: none"> • British Championships / Trials. • Qualifying window for the British Junior Championships. • Regional Championships take place as the ideal qualification opportunity for the British Junior Championships. 	<ul style="list-style-type: none"> • US Grand Prix events. • British Swimming National Team Camp
June	23 – 26	<ul style="list-style-type: none"> • Competition blackout for all level 1 & 2 meets. • Strict development time for junior swimmers. 	<ul style="list-style-type: none"> • Competition blackout for all level 1 & 2 meets. • Final preparation phase for end of season benchmark competitions. 	<ul style="list-style-type: none"> • International competition opportunities – Mare Nostrum Series / Japanese Open / 7-Hills Meet (Rome) for those focussed on the end of season benchmark international meets.
July / August	27 - 35	<ul style="list-style-type: none"> • End of season benchmark competitions to include Youth Olympic Games, European Junior Championships, European Youth Olympic Festival, British Junior Championships, Home Nation events, Regional Team Competition. 	<ul style="list-style-type: none"> • End of season benchmark competitions to include British Junior Championships, Home Nation Events and Regional Team Competitions. 	<ul style="list-style-type: none"> • End of season benchmark competitions to include Olympic Games, World Championships, Commonwealth Games and European Championships.

7. Detail of the new proposed structure:

A new Competition structure will be put in place to focus all of our efforts on producing highly skilled, robust athletes capable of senior international success. To do this, we need a change of direction; a series of significant revisions to our current thinking if not wholesale change. Indeed there is an importance in not completely ‘throwing the baby out with the bath water’.

Our current structure has many strengths, not least in the timing and ‘flow’ of our calendar, but we need some well thought out revisions to influence athlete and coach behaviours, and encourage a speed of evolution.

An Executive Summary of these proposed changes is as follows:-

- The revision of minimum age-groupings required to compete at all levels of competition, to ensure our junior athletes don’t become exposed too early (and suffer burn out):

	INTRA-CLUB	CLOSED INTER-CLUB / JUNIOR LEAGUES	OPEN MEETS / COUNTY	REGIONAL	HOME COUNTRY	BRITISH
9 yrs	✓	X	X	X	X	X
10 yrs	✓	✓	X	X	X	X
11 yrs	✓	✓	✓	X	X	X
12 yrs	✓	✓	✓	✓	X	X
13 yrs	✓	✓	✓	✓	✓	X
14 yrs	✓	✓	✓	✓	✓	✓
15 yrs	✓	✓	✓	✓	✓	✓
16 yrs	✓	✓	✓	✓	✓	✓
17 yrs	✓	✓		✓	✓	✓
18+yrs	✓	✓		✓	✓	✓

- From September 2014, to compete in the British Pathway, swimmers must be a minimum of 14 years of age (in the year of competition).
- A ‘short-course’ season will be reintroduced into the pre-Christmas timeframe. This will focus all swimmers on increased tempo dynamic racing emphasizing the need to produce high quality starting and turning skills. This part of the season will include Regional meets in early November as a precursor for Home Nation events positioned at the same time as the European Short Course. Immediately post the festive period the focus will firmly switch to long course swimming.
- For all County / Regional / Home Nation and British Junior Championship (formerly Age & Youth) events, ages will be defined as that at 31st December in the year of competition. This will ensure we are in complete synergy with LEN/FINA/IOC Junior and Youth event entry criteria, and confirm that a swimmer will compete in the same age grouping for the entire competitive season. Clubs will retain the ability to choose their own criteria for determining age bandings at their own competitions, and a diversity of approaches will be encouraged and welcomed.
- The British Junior Championships will remain in the same timeframe as the current ASA National Age Group / Youth events – being the culmination of the domestic season with the exception if those swimmers selected for a major championship event.
- The British Junior Championships will in future cater for a different group of athletes to the corresponding Home Nation events. No longer will we see the same athletes compete at both events; we need to elevate the quality of the British to ensure it becomes a true high performance experience. Similarly we need to expose a large group of athletes to National-level competition, ensuring their seasons do not conclude in early June.

- The fundamental principle of qualifying for the British Junior Championships will change in 3 ways:-
 - 1) **The will be no published Qualifying Times published for British Junior Championships** – swimmers will be invited to compete at the British Junior Championships based on their ranking within a specified Qualifying Window within the Annual Calendar Plan. This will ensure that ‘times’ aren’t being persistently chased throughout the course of the year, and ensuring those ranked athletes determined as eligible to compete at the event can enjoy a quality experience (as numbers at the event will be guaranteed but controlled to a finite limit).
 - 2) **The Qualifying Window will be a period one training cycle out of the culmination of the season.** In addressing the issue of our athletes not normally performing to their best at the ‘benchmark’ event of the season, we need to encourage our coaches to use the first 6 months of each year as true ‘development’ time, and break the cycle of simply chasing Qualifying Times. The Qualifying Window will close at the conclusion of the Regional Championship events, enhancing their status as the final ranking event within the window. We will create a group of swimmers who focus more attention of performing ‘when it matters’, in line with the Olympic environment.
 - 3) **The BAGCAT philosophy of creating the multi-event swimmer will cease at English Regional, Home Country and British Junior Championship level.** There is no compelling evidence that this approach has in any way assisted Great Britain in producing senior swimmers capable of producing significant medal winning performances on the World stage. Indeed, to the contrary there is a strong view that we have created some reasonable multi-event athletes, but a dearth of event specialists (especially in the shorter events).
- Performances produced at the ‘benchmark’ meets will carry the highest currency when making investment decisions onto British Swimming’s World Class Programme. Coaches will need to be clear on their strategy to ensure their swimmers compete optimally in the Qualifying Window, and then again a short period of time later at the end of season culmination events.

a) County Events:-

EVENT LEVEL: **English County**

TIMEFRAME: Calendar weeks 2 → 7 (inclusive)

POOL SPECIFICATION: Long or short course

LICENSING DETAIL:

AGE BASED ON: 31st December in the year of competition

MINIMUM AGE: 11 years of age in the year of competition

AGE BANDINGS: 11 years / 12 years / 13 years / 14 years / 15 years / 16 years & over

QUALIFICATION: Open entry
Counties are free to set their own qualification standards

EVENT DETAIL:

EVENT / AGE	11 years	12 years	13 years	14 years	15 years	16 years & over
50m Freestyle	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓
200m Freestyle	✓	✓	✓	✓	✓	✓
400m Freestyle	X	✓	✓	✓	✓	✓
800/1500m Freestyle	X	X	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓	✓
200m Backstroke	X	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓	✓
200m Breaststroke	X	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓	✓
200m Butterfly	X	✓	✓	✓	✓	✓
100m I.M.	✓	✓	✓	✓	✓	✓
200m I.M.	✓	✓	✓	✓	✓	✓
400m I.M.	X	✓	✓	✓	✓	✓

SPECIFIC EVENT ISSUES/DETAIL:

- All butterfly and backstroke starts and turns to a minimum of 10m underwater.
- 100m events Heats and Finals
- 200m+ events Heat Declared Winner
- All heats cyclically-seeded for the last 3 heats

b) Regional / Home Nation District Events:-

EVENT LEVEL: **English Regional / Home Nation District**

TIMEFRAME: Calendar weeks 14 → 22 (inclusive) – and preferably to be positioned at the end of the window as the final qualifying meet for the British Age/Youth Championships.

POOL SPECIFICATION: Long course

LICENSING DETAIL: Level 1

AGE BASED ON: 31st December in the year of competition

MINIMUM AGE: 12 years of age in the year of competition

AGE BANDINGS: 12 years / 13 years / 14 years / 15 years / 16 years / 17 years & over

QUALIFICATION: Open entry based on Long Course qualifying standards achieved from 1st January (in the year of competition).
Regions are free to set their own qualification standards.

EVENT DETAIL:

EVENT / AGE	12 years	13 years	14 years	15 years	16 years	17 years & over
50m Freestyle	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓
200m Freestyle	✓	✓	✓	✓	✓	✓
400m Freestyle	✓	✓	✓	✓	✓	✓
800/1500m Freestyle	X	✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓	✓
200m Backstroke	✓	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓	✓
200m Breaststroke	✓	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓	✓
200m Butterfly	✓	✓	✓	✓	✓	✓
100m I.M.	X	X	X	X	X	X
200m I.M.	✓	✓	✓	✓	✓	✓
400m I.M.	✓	✓	✓	✓	✓	✓

SPECIFIC EVENT ISSUES/DETAIL:

- 100m events Heats and Finals
- 200m+ events Heat Declared Winner
- All heats cyclically-seeded for the last 3 heats

c) Home Nation Events:-

EVENT LEVEL:

Home Nation Nationals

TIMEFRAME:

Calendar weeks 27 → 30 (inclusive)

POOL SPECIFICATION:

Long course

LICENSING DETAIL:

Level 1

AGE BASED ON:

31st December in the year of competition

MINIMUM AGE:

13 years of age in the year of competition

AGE BANDINGS:

13 years / 14 years / 15 years / 16 years / 17 years & over

QUALIFICATION:

Entry drawn from the British Rankings database

Top 30 ranked English/Welsh/Scottish swimmers from weeks 14 → 22 (inclusive) who have not been selected to compete in the British Junior Championships – 3 heats of 10 lanes only.

EVENT DETAIL:

EVENT / AGE	13 years	14 years	15 years	16 years	17 years & over
50m Freestyle	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓
200m Freestyle	✓	✓	✓	✓	✓
400m Freestyle	✓	✓	✓	✓	✓
800/1500m Freestyle	✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓
200m Backstroke	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓
200m Breaststroke	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓
200m Butterfly	✓	✓	✓	✓	✓
100m I.M.	X	X	X	X	X
200m I.M.	✓	✓	✓	✓	✓
400m I.M.	✓	✓	✓	✓	✓

SPECIFIC EVENT ISSUES/DETAIL:

- All events to follow a Heat-Final format with the exception of the 800m/1500m Freestyle events
- Morning heats / Late afternoon finals sessions
- 800m/1500m events: Heat Declared Winner with fastest heat in Finals session.
- All heats cyclically-seeded for the last 3 heats

d) British Junior Championships:-

EVENT LEVEL:	British Junior Championships
TIMEFRAME:	Calendar weeks 29 → 31 (inclusive)
POOL SPECIFICATION:	Long course
LICENSING DETAIL:	Level 1
AGE BASED ON:	31 st December in the year of competition
MINIMUM AGE:	13 years of age in the year of competition
AGE BANDINGS:	14 years & under / 15 years / 16 years / 17 years / 18 years & over
QUALIFICATION:	Entry drawn from the British Rankings database Top 30 ranked British swimmers in each event from weeks 14 → 22 (inclusive) – 3 heats of 10 lanes only.
EVENT DETAIL:	

EVENT / AGE	14 years & under	15 years	16 years	17 years	18 years & over
50m Freestyle	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓
200m Freestyle	✓	✓	✓	✓	✓
400m Freestyle	✓	✓	✓	✓	✓
800/1500m Freestyle	✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓
200m Backstroke	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓
200m Breaststroke	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓
200m Butterfly	✓	✓	✓	✓	✓
100m I.M.	X	X	X	X	X
200m I.M.	✓	✓	✓	✓	✓
400m I.M.	✓	✓	✓	✓	✓

SPECIFIC EVENT ISSUES/DETAIL:

- All events to follow a Heat-Final format with the exception of the 800m/1500m Freestyle events
- Morning heats (0900) / Late afternoon finals sessions (1630)
- 800m/1500m events: Heat Declared Winner with fastest heat in Finals session.
- All heats cyclically-seeded for the last 3 heats

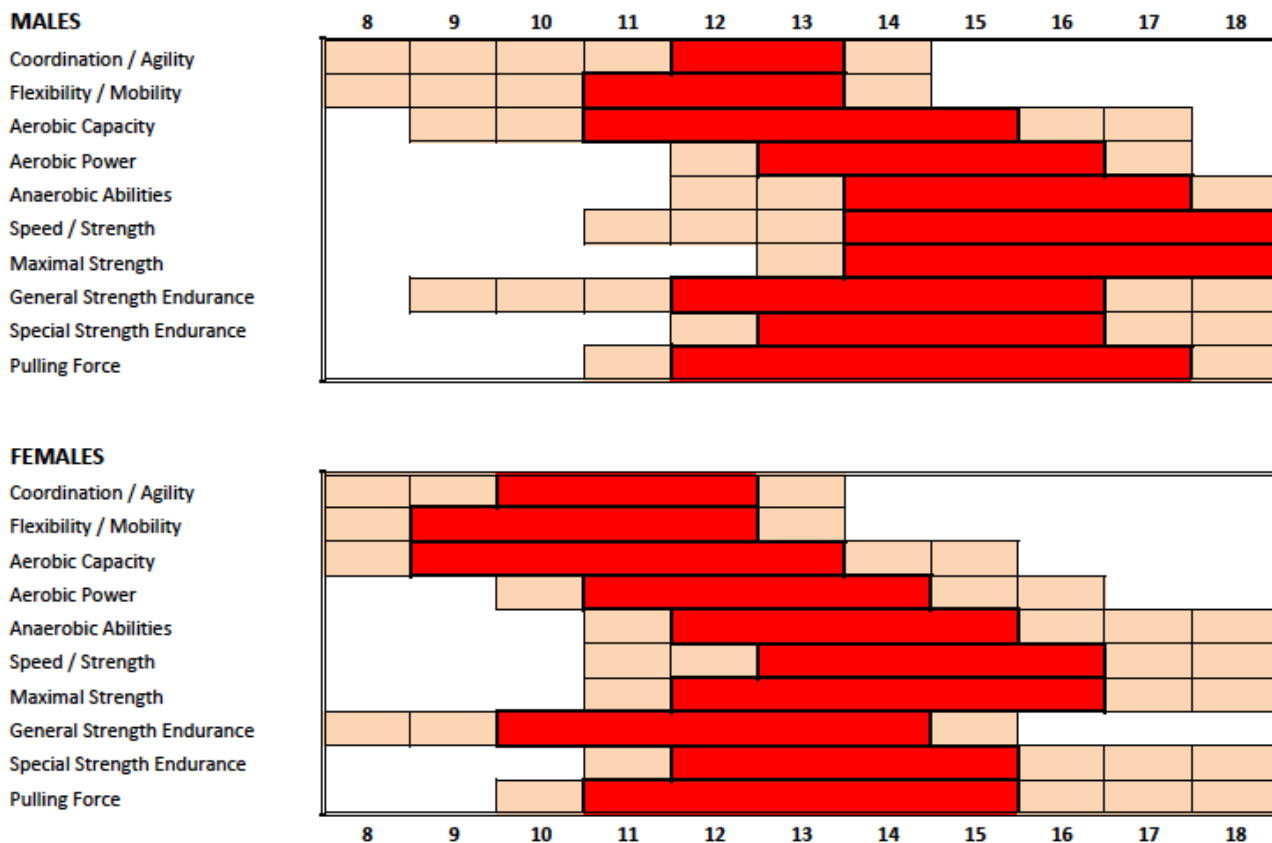
e) British Championships / Trials:-

The format of all Trial events will be decided upon by the National Performance Director and GB Head Coach to provide the most appropriate and optimal selection competition as a precursor to the end-of-season benchmark international competitions.

EVENT LEVEL:	British Championships / Trials
TIMEFRAME:	to be determined on an annual basis
POOL SPECIFICATION:	Long course
LICENSING DETAIL:	Level 1
AGE BASED ON:	31 st December in the year of competition

8. National Development Syllabus.

There are some well-defined 'windows of opportunity' that must be taken advantage of in developing the skills required to build successful senior athletes. In broad terms the follow graphic outlines where these occur for males and females:-



In previously noting our concern around the lack of technical proficiency of many of our older swimmers, we will need to develop a programme to teach, develop, refine and test some of the essential core skills required for senior performance outcomes. No longer can we continue to try to 'retrofit' our swimmers outside of the windows identified above.

These skills will include (but not be exclusive to):-

- Fly kicking underwater
- Butterfly starting skills, including transition to breakout
- Backstroke starting skills, including transition to breakout
- Breaststroke starting skills, including transition to breakout
- Freestyle starting skills, including transition to breakout
- Butterfly turning skills, speed around the wall including transition to breakout
- Backstroke starting skills, speed around the wall including transition to breakout
- Breaststroke starting skills, speed around the wall including transition to breakout
- Freestyle starting skills, speed around the wall including transition to breakout
- Individual medley turns: Butterfly ⇒ Backstroke
- Individual medley turns: Backstroke ⇒ Breaststroke
- Individual medley turns: Breaststroke ⇒ Freestyle
- The concept of 'easy speed'
- Pacing: including the ability to even split and negative an event

- Descending training sets
- Breathing patterns: the ability to vary a
- Race strategy: tactical ability and variety
- Relay takeovers
- Relay racing strategies

One of the priorities of British Swimming’s new Pathway Implementation Manager will be to formulate a timeline and project plan to ensure this work is completed no later than mid-2015, alongside the creation of appropriate resources.

9. Implementation Group & Timelines

The implementation timetable will be fundamentally dictated by a need to make managed change at speed, but will also be influenced by discussions with and commitments made to our funding partners.

Working to the principles outlined this will be undertaken by a ‘Implementation Group’ consisting (as a core):-

- British Swimming’s Pathway Implementation Manager
- British Swimming’s Head of Performance Pathway
- Event specialist – British Swimming
- BSCA
- Representatives from England, Scotland & Wales

The provisional roadmap is as follows:-

	ESSENTIAL	DESIRABLE
Changes to the Domestic Competition Structure	2014/15 season	
Introduction of new National Development Syllabus	2015/16 season	2014/15 season
Increase in quality of British Junior Championships	2014	
Change in timeframe of British Junior Championships	2014	
Change in timeframe for Regional Competition	2015	
Introduction of Regional Team Final	2016	2015

WEEK	ACADEMIC	COUNTY	REGIONAL	HOME NATION	BRITISH	INTERNATIONAL	WEEK
36							36
37	SEPT						SEPT
38							38
39							39
40			Regional / National Profiling Clinics (Talent / World Class)				40
41	OCT						OCT
42	SCHOOL HOLIDAY						41
43		County Clinics					42
44							43
45	NOV		Regional Short Course				44
46							45
47							46
48							47
49				Short Course Nationals			48
50	DEC					Euro Short Course	49
51							50
52	SCHOOL HOLIDAY						51
1							52
2	JAN						1
3		County Championships	Regional / National Event Clinics (Talent / World Class)				JAN
4							2
5							3
6	FEB						4
7	SCHOOL HOLIDAY						5
8							6
9							7
10	MAR						8
11							9
12							10
13							11
14							12
15	APR		Level1 Open Meets (LONG COURSE)	BRITISH JUNIOR QUALIFICATION PERIOD (including British Championships / Regional Championships)	BRITISH JUNIOR QUALIFICATION PERIOD (including British Championships / Regional Championships)	Trials	13
16	SCHOOL HOLIDAY						14
17							15
18							16
19	MAY		Regional Championships				17
20							18
21							19
22	SCHOOL HOLIDAY						20
23							21
24	JUN					Summer Preparation Meets	22
25							23
26							24
27							25
28	JUL		Regional Team Final	Home Nation Championships			26
29							27
30					British Junior Championships		28
31							29
32	SCHOOL HOLIDAY					Major Junior & Senior Championships	30
33	AUG						31
34							32
35							33
							34
							35

British Swimming reserves the right to insert preparation meets for the major championships at its absolute discretion.