

swim21 Performance Environment – Synchro

This is the third module of swim21.

swim21 performance environment provides a benchmark for clubs coaching high level athletes.

It is awarded to those clubs who can demonstrate the pathways, physical environment, coaching practices and support services are all in place for athletes to reach the pinnacle of their aquatic sport.

swim21 Performance Environment will be assessed in 3 parts.

- Pre-requisite/Self Assessment Criteria
- Physical Environment Criteria
- Coaching Programme Criteria

There is an expectation for any club looking to achieve swim21 Performance Environment to be part of a swim21 accredited Network.

swim21 club Network

The aim of swim21 club Network is to quality assure clubs who work collaboratively to deliver the athlete pathway in their area. It will assist in identifying gaps in provision and opportunities available for clubs to increase and sustain membership.

A swim21 club Network will support movement through the pathway to ensure that athletes meet their potential and are retained in the sport. Each club in the network will be valued for their role.

The ASA view the swim21 club Network with high importance to identify the local pathways from grass roots through to the performance environment, and therefore providing a consistent recruitment to the performance environment club.

NB: Elite Athletes;

Elite synchronised swimming athletes are individuals working in either the top squad or on the England Talent program, and are accessing the most training hours the programme has to offer. The athletes on England Talent Programme will be accessing the required number of training hours appropriate to their age as per Long Term Athlete Development.

Pre-requisite/Self-Assessment Criteria

Section 1

This Section will be completed in the same way information was uploaded for swim21 Essential. i.e. for each Element the club uploads a piece of evidence, an NGB representative will then approve evidence (subject to validity).

Element	Your club should submit the following as evidence	Templates and Resources	Person(s) Responsible
1	Head coach is qualified to a minimum of ASA Level 3 synchro or equivalent	Copy of Certificate	Head coach
2	Sufficiently qualified coach is available to deliver sessions to the top training squad during head coaches absence	Copy of Certificate	Support coach/s
3	Elite athletes can access 16 – 24 hours water training each week	Annual Plan, training plan/timetable (Identifying training times of the top)	swim21 coordinator
4	Elite athletes can access 3 – 6 hours dry-land training each week	Annual Plan, training plan/timetable (Identifying training times of the top)	swim21 coordinator
5	Land training delivered by appropriately qualified coaches in relation to the gym activity taking place	Copy of Certificate/s	Gym/Land training coach/s
6	Demonstrate the use and access to deep water (minimum 2m) for training programme	Facility details Pool Timetable	swim21 coordinator

Physical Environment Criteria – Element 7

Section 2

The physical environment will be reviewed by a member of the Club Development team. These are the amenities that we'd expect the Performance Environment to have in place.

Amenity	Yes or No (Y or N)	CDO Comments
25 – 50m Pool		
6 – 10 Lane		
Minimum Depth 2.0m		
Sound System		
Overhead Speaker		
Underwater Speaker		
Visual Technology – (Ability to record and playback. I.e. I-pad/Tablet, camcorder etc)		
Room/Deck Space for warm up/post session stretching		
Meeting Room		

Coaching Programme Criteria

Section 3

Review of the Coaching programme being delivered and the results the head coach is able to consistently achieve. The evidence produced in support of this section will be analysed by a Governing Body Technical Officer.

Element	Your club should submit the following as evidence	Templates and Resources	Person(s) Responsible
8	All training is planned around cyclical goals appropriate to each athlete's stage of development	* Annual Plan Sessional Plans Squad Systems Competition Calendar	Reviewed by a Governing Body Technical Officer
9	All competition is planned around National and British Championships with at least 1 entry in each event at National and British Champs	Evidence of Entry Or Results of NAGs/British Champs	Reviewed by a Governing Body Technical Officer
10	Head coach consistently produces 5 athletes at England/GB level	Results Spreadsheet of head coach historic performance (To include Names, Age, Scores of Figures/Routines)	Head coach to produce evidence of historic coaching performance
11	Regular Club Coaches meetings are held on a minimum of a quarterly basis	Minutes of meetings Dates of planned meetings for the year	Head coach/coaches
12	Club Performs an annual needs analysis for an education programme for athletes, parents/guardians and delivers an annual education programme in accordance with its' outcomes (e.g. Nutrition or Lifestyle Advice)	Yearly Education Plan (Including Names/Companies sourced for delivery - if known)	Reviewed by a Governing Body Technical Officer
13	Club has or has links to appropriate athlete support services in the following areas; Land Training Physiotherapy Medical Support	**Evidence that athletes are accessing support services	Reviewed by a Governing Body Technical Officer

14	All athletes have short and long term targets mutually agreed with their coach and relevant programme manager and are engaged in their own record keeping	Evidence of coach/athlete meetings. Agreed Target Log. Evaluation of targets.	Head coach
15	Club and coaches are fully supportive and committed to all National Initiatives	Evidence of Links Or Letter from National Lead	Reviewed by a Governing Body Technical
16	Club publishes criteria for progression both internally and externally	Evidence of Club Pathways / Link to Website or other media	swim21 coordinator

*Annual Plan – Needs to be very detailed and should include the different phases of training, volume work of whole figures/routine swims, testing, and land training programme, this should clearly show the overall club plan as well as squad/individuals plans if they are different from the overall club plan.

** These services may be available from local providers rather than in house. The importance of this element is that the relationships for these services are in place and can be evidenced. Where external providers, provide these services please identify the company or organisation that provides these functions.