

A PARENT AND SWIMMER'S GUIDE TO SWIM 21

AMATEUR SWIMMING ASSOCIATION

swim21

"Swim 21 has given us the incentive to continuously reassess our club and make it more attractive to parents and swimmers."

Joyce Chadwick, Halifax Swimming Club

"Swim 21 has given us the confidence to carry on doing the right things... And ensured we have access to the training we need."

Iain Moore, Selby Tigersharks

"Best action ever by the club!"

Bill Cunningham, Alnwick Dolphins

"Swim 21 has created a stronger bond and a willingness to share resources between clubs."

John Moore, Sedgefield 75 Swimming Club

Where can I get more information on Swim 21?

For more information on Swim 21 contact your ASA Regional Swimming Development Officer.

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Swim 21 – what is it?

Swim 21 is the ASA Club Development model, a planning tool based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of the athletes – striving to provide the best possible support environment. Swim 21 is not just endorsed by the ASA but also by Sport England; Swim 21 Accreditation includes Sport England Clubmark, a kite mark set across all sports.

What is Long Term Athlete Development (LTAD)?

Long Term Athlete Development is about achieving optimal training, competition and recovery throughout an athlete's career, particularly in relation to the important growth and development years of young people. For more information on LTAD visit the British Swimming website www.britishswimming.org.

Who can apply for Swim 21?

Swim 21 Accreditation is available to ASA clubs of any aquatic discipline – diving, swimming, synchro or water polo. Each club is encouraged to sign up to Swim 21 and are positioned at one or more of the 4 areas:

Teaching – where the emphasis is on quality teaching using a multi skill approach, underpinned by sound governance;

Skill Development – where the athletes develop their technical skill within a quality programme of coaching and competition, supported by sound governance;



Competitive Development – where, supported by sound governance, athletes are part of a quality training and development programme, which consistently enables athletes to compete successfully at regional and national levels;

Performance – where athletes can access training and support services in a performance development environment that is focussed and coach driven and supported by sound governance.

How do I know if I am at a Swim 21 Accredited club?

All clubs who have achieved Swim 21 are allowed to use the Swim 21 logo on their letterheads, promotional material, and website. They also receive a certificate from the Amateur Swimming Association (ASA) to display at their training venue in order to promote their achievement.

There is a full list of Accredited Swim 21 clubs on the British Swimming website www.britishswimming.org.

What are the benefits of being at a Swim 21 club?

- The club is implementing the ASA Child Protection Policy and their coaches/teachers and volunteers have been CRB checked in line with national guidance;

- The club's coaches/teachers and volunteers are appropriately qualified and access continuous professional development to ensure they are up to date with current teaching and coaching principles/methods;
- The club is accessing sufficient pool time to ensure swimmers are able to develop in line with the Long Term Athlete Development model;
- The club is pro-active in developing a swimmer pathway to ensure swimmers can continue to progress and develop;
- The club will have more opportunities to access additional funding through the ASA, Sport England and other agencies.

What can I do if the club I am at is a non-Accredited club?

Not all clubs are Accredited yet. It is important that your club is aware of Swim 21 and is working towards Accreditation – that means they are actively planning to try and reach the quality standard. It may be that the club needs more support with the management/teaching/coaching and officiating and you may be able to help them by bringing this to their attention and assisting them on the way to achieving Swim 21.