



LEATHERHEAD SWIMMING CLUB

(AFFILIATED TO South East Region A.S.A. & R.L.S.S)

Over 30 Years of Sporting Excellence

www.swimmingclub.co.uk

Swim 21 is the ASA's nationally recognised Club Development Programme, aimed at "providing appropriate opportunities for swimmers, in order that they will attain their full potential," and brings together local authorities, clubs, Regional Development Officers, pool managers, teachers and coaches. Swim 21 is therefore, all about the needs of swimmers.

Accreditation by the ASA to the Swim 21 quality standard recognises swimming clubs that offer high standards and excellence within four different levels of organisation, namely:

Teaching - Swimmers are given quality opportunities to develop basic water skills, laying the foundation for future enjoyment. A qualified ASA teacher runs it.

Skill Development - Swimmers develop technical skills in a training environment. A qualified ASA club coach runs this stage and the swimmer spends 4-7 hours in the water each week.

Competitive Development - This is a training programme that consistently produces athletes at District and National Age Group level. A qualified ASA coach leads it and there are 8-16 hours in the water each week.

Performance - this is a training programme that consistently produces athletes at National and International level. As well as having a qualified club coach, swimmers have a range of technical and fitness support. They spend more than 17 hours each week in the water.

To achieve Swim 21 accreditation, a club first has to decide in which of the four levels it wishes to operate. It then has to carry out an audit to identify the current situation within the club and formulate an action plan to bring the club up to the level of Swim 21. Working closely with the ASA Regional Development officer is vital at all stages.

LSC is seeking accreditation as a **Performance** club. But it does not end there, as Swim 21 is an ongoing process. We have an action plan now to improve all areas of the Club progressively each year to achieve the Gold Standard.

Leading Surrey At Swimming