

Competition Framework



Youth Sport Trust

SWIMMING



Guidance Document

Who is involved

The English Schools Swimming Association (ESSA) and the Amateur Swimming Association (ASA) have completed a full review of aquatics school competition and in response an innovative and holistic competition framework has been produced.

National contact

Yvette Heywood, Schools Competition Development Manager, ASA

E-mail: yvette.heywood@swimming.org Tel: 07795 171505

Benefits for the young person

- The framework provides a fun and flexible approach to high quality competition for girls and boys, whatever their ability.
- More opportunities will be created to engage young people in a wider variety of aquatic school competition.
- Clear pathways are outlined that will allow the child to progress within aquatics should they choose to.
- More recognised and awarded volunteering opportunities will be available for young people.

Key messages to Competition Managers and other organisers

- Competition Managers will focus on supporting 'Aqua Skills' festivals at Key Stage 2.
- Aqua Skills includes four aquatic sports – swimming, diving, synchro and water polo.
- Aqua Skills is focused on providing new and fun opportunities focusing on non club swimmers.
- Aqua Skills is inclusive for young people of all ability levels
- Young leaders and local clubs should always be invited to help deliver the festivals.
- The framework is aligned to the Long Term Swimmer Pathway principles.
- Exit routes should be identified and promoted through the school, clubs and Local Authorities.


Supporting resources

A complete range of resources for Competition Managers, coaches and teachers are available online including

- ⇒ Aqua Skills toolkit
- ⇒ Aquatics young leaders award
- ⇒ Supportive resources for festivals and programmes in all four disciplines
- ⇒ Information about available training courses for teachers and coaches
- ⇒ Information about club competition and talent ID opportunities
- ⇒ Child protection guidelines and procedures

Full details can be found at www.britishswimming.org.

An overview of the framework

 AQUATICS COMPETITION FRAMEWORK				
Where next?	ASA club	ASA club ASA club championships ESSA primary schools	ASA club ASA county age group & regional championships ESSA divisional trials	ASA club ASA county age group & regional championships ESSA divisional trials
Development stage	FUNDamentals	Aqua Skills	Aqua Skills	Swim Fit
Skills & Activities	Multi-discipline Skill-based	Multi-discipline Multi-stroke Multi-distance	Multi-discipline League activity	Multi-discipline Virtual competitions
	Key Stage 1 4 – 7 years	Key Stage 2 7 – 11 years	Key Stage 3 11 – 13 years	Key Stage 4 14 – 16 years

Swimming is in a unique position in that it is part of the National Curriculum, so that presents an ideal opportunity to build a 'festival' on the back of a series of swimming lessons. But the festivals are designed to ensure they match the ability levels of those involved. Principles have been agreed around which the programmes can be built – rather than insist upon prescriptive ideas that may not fit the LTAD needs of the individuals.

- All competition must be centred around LTAD principles.
- Nothing must jeopardise the National Curriculum provision.
- Provision for children at Key Stage 2 and 3 a priority.
- Provision of additional competition is facility- and transport-dependent.
- Easier to build upon existing activity.
- Focus on areas where provision is currently lacking.
- Competition programmes must be relevant to ability.
- Give an opportunity to taste competition for the first time.

Delivery information

The Aquatics Competition Framework comprises of three development stages

1. FUNdamentals
2. Aqua Skills Festivals
3. Swim Fit

The focus for Competition Managers is to co-ordinate the delivery of Aqua Skill festivals focusing at Key Stage 2. Aqua Skills is a programme which includes skill based activities in four aquatic disciplines

- Swimming
- Flip 'n' Fun (diving)
- AquaFun (synchro)
- mini-polo! (water polo)

There is no specific list of activities that must be followed, it is envisaged that a mixed agenda from the different programmes will be agreed locally and tailored to the ability levels of the children involved. It is recommended that festivals are co-ordinated by Competition Managers in areas where there is a lack of provision in existing school aquatic competition at that level. The involvement of local clubs and volunteers will add value to events and provide local knowledge and experience. This will ensure pathways are available for young people to move into a club environment should they choose to. Competition Managers, School Sport Coordinators and County Sport Partnerships as well as Partnership

Swimming Development Officers, County School Swimming Associations and Local Swimming Action Groups could all be important people to form partnerships with that will help deliver a high quality competition that is integrated into a pathway.

National competition frameworks – Information sheet

‘Governing bodies and Competition Managers working together’

Key Points of Planning for Counties

At a national level Yvette Heywood is the ASA, School Competition Development Officer and will be able to respond to any questions or queries you have about the Aquatics Framework. At a regional level the ASA has eight Regional Development Officers who can provide guidance and information to Competition Managers and there are also a number of Partnership Swimming Development Officers in post working at County level that will be an important contact for Competition Managers to develop their local understanding of aquatics. There are also local organisations called Local Swimming Action Groups who may be able to provide guidance and support for Competition Managers.

Further guidance about the roles and responsibilities of these different groups can be found in the Aqua Skills Toolkit that is on the British Swimming website : www.britishswimming.org

How can Senior Competition Managers and Competition Managers work with the sport?

Each county and region will vary depending on the competitions they are running and the different resources they have. Initial contact can be made with a Partnership Development Officer if they are in post, otherwise they will be able to form a link with the Regional Development Officer who will assist the SCM and CM to build relationships within the county network of paid and volunteer staff.

Existing data sources

All Swim21 accredited clubs (330 in total) can be found on the British Swimming website. For information about teachers, coaches, school club links and officials within the local area please contact your Regional Development Officer.

Key work for SCMs/CMs in the next 12 months

The Aquatic School Competition Framework has been developed to provide fun and inclusive competition for all ages. From a review of school aged competition there was a highlighted need for festivals that include all the aquatic disciplines, swimming, water polo, synchronised swimming and diving. Other emphasised needs were for new opportunities at Key Stage 2 linked to teaching programmes; new opportunities for young people not in club competition and a need to revive inter school competition.

To facilitate this a new type of fun competition has been developed called 'Aqua Skills Festivals'. The festivals are games-based style of competition, which are inclusive for young people of all ability. Resources have been developed by the Amateur Swimming Association to help support Competition Managers to focus on this fun and inclusive style of competition at Key Stage 2. For further information about these resources and the format of these festivals please contact yvette.heywood@swimming.org



National School Competition Framework Sport: Swimming



National School Competition Framework
Sport: Swimming

(Separate pathways exist for water polo, synchronised swimming, diving and disability swimming – see the ESSA and ASA websites)

Descriptor	New competition	Level and location	When?	Where next?	Existing competition	Opportunities
<p>Key Stage 2: 7-9 years Multi-skill festivals:</p> <ul style="list-style-type: none"> • arranged on a class basis • off school site • termly • theme-based • early specialisation? 	<p>Aqua Skills 1: (FUNdamentals)</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • Team participation • Basic skills, e.g. push and glide, kicking, etc • All skill-based • Relays • Games • FUN 	<ul style="list-style-type: none"> • Term 1 – Within school • Term 2 – Inter-school • Term 3 – Leagues • Local or school pools – number of schools involved dependent upon size of facility; ideally schools in small clusters 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • School – club links • Other lesson programmes • Early talent ID, e.g. diving • Other sports 	<ul style="list-style-type: none"> • ASA club and inter-club events • ASA county age groups and Youth Championships (February/ March) 	<ul style="list-style-type: none"> • Developing skill templates • Links with lesson programmes • Tapping into volunteer structures at county level • Identifying appropriate reward structure • Adding benefit for teachers • Financial models • Links to after-school clubs • Introduce children to existing Codes of Conduct

<p>Key Stage 2: 9-11 years Multi-sport competition:</p> <ul style="list-style-type: none"> • arranged on a class basis • six-week block rotation • central venues/leagues • coaching and competition based on primary, secondary or club sites 	<p>Aqua Skills 2:</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • BAGCAT (multi-stroke and distance) type programmes • Team and individual relays • Skill based • Build on Aqua 1 skills – don't repeat events, raise challenge, test quality, time, distance • Games – everyone MUST compete • Trials for ESSA primary schools relays 	<ul style="list-style-type: none"> • Local or school pools – number of schools involved dependent upon size of facility; ideally schools in LA area • Internal competition for team selection • Three rounds of league competition 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • School – club links • Talent ID • Identify other aquatic and sporting links • Preparation for ESSA primary schools relays 	<ul style="list-style-type: none"> • ASA club, inter-club and league events • ASA county age group championships (February/ March) • ASA regional age group championships (May/June) • ESSA divisional relays (April/May) • ESSA primary schools (June) 	<ul style="list-style-type: none"> • Developing skill templates • Organisational needs • Establish exchange of innovative models of best practice • Develop Step into Sport concepts of harnessing young leaders – from swimming community • Identify 'top-up' needs and programme appropriate activity
---	--	---	--	--	--	--

Organisers' sheet

Age group	Format	Facilities	People needs	Equipment	Resources from NGB
Key Stage 2: 7-11 years	<ul style="list-style-type: none"> • Dry land tests • Team competition • Skill-based • Relays • Games • FUN • Within school – inter class/house • Inter-school • Local leagues 	<ul style="list-style-type: none"> • Gym/hall • School or LA pool – any size (depth may influence activity) • Transport (if needed) 	<ul style="list-style-type: none"> • Teachers • Swimming teachers • Lifeguards • Young leaders • Adequate supervision 	<ul style="list-style-type: none"> • Armbands or discs • Kick boards • Balls • Music reproduction • Basics for Mini-Polo 	<ul style="list-style-type: none"> • Website support • Sample programmes • Guidance on programme selection to match abilities • Skill advice – how to... • Scoring templates • Training for tutors of leaders

<p>Key Stage 3: 11-12 years Multi-sport competition:</p> <ul style="list-style-type: none"> • core activity on a class basis – but with specific provision for more able pupils • monthly (three sports) • central venue leagues • range of sports coaching and competition at secondary, hub or club sites 	<p>Aqua Skills 3:</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • BAGCAT type programmes (multi-stroke and distance) • Team and individual relays • Skill-based • Build on Aqua Skills 1 and 2 – don't repeat events, raise challenge, test quality, time, distance • Games – everyone MUST compete • Should not be repeating competitions based on Aqua Skills 1 and 2 • Opportunity to participate in coaching session for 'better' swimmers • Introduction of virtual SwimFit – personal competitive challenges 	<ul style="list-style-type: none"> • Local or school pools – number of schools involved dependent upon size of facility; ideally schools in LA area 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • Mix festival • Establish close links/joint sessions with local clubs • Identify other sporting links 	<ul style="list-style-type: none"> • ESSA divisional relays (November) • ESSA divisional trials (September) • ESSA inter-divisional championships (October) • ASA age group championships (July/August) 	<ul style="list-style-type: none"> • Developing skill templates • Writing virtual programmes • Harnessing existing SwimFit concepts • Examine funding opportunities • Harness local swimming community • Develop Step into Sport • Encourage club based fitness swimming • Identify health, fitness, nutritional, personal, competition objectives • ESSA relays – address clash with ASA county championships • Develop and share best financial practice
--	--	--	--	--	---	--

<p>Key Stage 3 and 4: 12-16 years</p> <ul style="list-style-type: none"> • Inter-school leagues • School team, following selection process • Cup competitions within SSPs • Year group teams 	<ul style="list-style-type: none"> • Dry land skills and tests • League competition programme based on BAGCAT principles (multi-stroke and distance) • Innovative programme • Introduction to competition • Integration of all disciplines 	<ul style="list-style-type: none"> • Local or school pools – ideally larger six/eight lane pool involving all schools in LA area • Three rounds of league competition PA 	<ul style="list-style-type: none"> • Every term – mid term 	<ul style="list-style-type: none"> • Need to maintain interest in sport • Links with clubs and other sporting links • Talent ID for late developers 	<ul style="list-style-type: none"> • ASA club, inter-club and league events • ASA county age group and youth championships (February/ March) • ASA regional age group and youth championships (May/June) • ASA multi-regional championships (July) • ASA age group and youth championships (August) • ESSA regional trials (September) • ESSA relay championships (February) • ESSA inter-divisional championships (October) • ESSA inter-divisional relay championships February) • International events 	<ul style="list-style-type: none"> • Develop appropriate multi-discipline programme • Establish links to club programmes – both competitive and fitness • Develop virtual competitive opportunities – both for pure competition and personal development targets • Encourage the use of SwimFit log books
---	---	--	---	--	---	---

<p>16-19 years</p> <ul style="list-style-type: none"> • <u>Not</u> for talented already identified as part of NGB talent programmes • 'Junior Varsity' – to give this group an identity, e.g. community, schools, PE, sixth forms • Single venue festivals with ring-fenced time, e.g. Wednesday pm 	<ul style="list-style-type: none"> • Personal challenges and competitions • Team games • Virtual competitions • Offer range of sporting options • Optional tasters for all disciplines 	<ul style="list-style-type: none"> • Not for the serious competitor • Single venue – with pool! • Possibility of introducing a range of fitness related options • Develop individual, team and collective challenges, an individual competing against pre-determined <i>[missing text to follow]</i> 	<ul style="list-style-type: none"> • Weekly 	<ul style="list-style-type: none"> • University/FE establishments and sporting links • Into working environment • Encourage club or other sporting links are maintained • Cultivate 'cool to do sport' image • Identify lifestyle options 	<ul style="list-style-type: none"> • ASA club, inter-club and league events • ASA county youth championships (February/ March) • ASA regional youth championships (May/June) • ASA multi-regional championships (July) • ASA nationals (August) • ESSA inter-divisional championships (October) • ESSA inter-divisional relay championships (February) • International events 	<ul style="list-style-type: none"> • Build on virtual competitive individual opportunities, based on lifestyle change • Develop links with clubs and fitness centres offering health and fitness-related options • Build on SwimFit for schools
---	---	--	--	--	---	--

Organisers' Sheet

Age group	Format	Facilities	People needs	Equipment	Resources from NGB
Key Stage 3: 11-12 years	<ul style="list-style-type: none"> • Dry land tests • Team competition • Skillbased • Relays • Games • FUN • Within school – inter class/house • Inter-school • Local leagues 	<ul style="list-style-type: none"> • Gym/hall • School or LA pool – any size (depth may influence activity) • Transport (if needed) 	<ul style="list-style-type: none"> • Teachers • Swimming teachers • Lifeguards • Young leaders • Adequate supervision • access to school IT resources 	<ul style="list-style-type: none"> • Armbands or discs • Kick boards • Balls • Music reproduction • Basics for Mini-Polo 	<ul style="list-style-type: none"> • Website support • Sample programmes • Best practice ideas • Access to coaching expertise • Scoring templates • Virtual competitions • Personal competition programmes
Key Stages 3 and 4: 12-16 years	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<p>As above plus:</p> <ul style="list-style-type: none"> • links to clubs/other sports • development of 'healthy' advice
16 -19 years	<ul style="list-style-type: none"> • Personal challenges – competition v personal fitness goals • Team games • Virtual competitions 	<ul style="list-style-type: none"> • As above 	<p>As above plus:</p> <ul style="list-style-type: none"> • access to healthy lifestyle information 	<ul style="list-style-type: none"> • As above 	<p>As above plus:</p> <ul style="list-style-type: none"> • programmes for personal pcs • access to SwimFit programmes • links to other fitness related opportunities • junior membership schemes to fitness clubs/pools/clubs – all sports