

Group

Prerequisite Time
50m, 100m, 200m FC

AWARD CRITERIA

ASA National Plan Awards & stroke/start awards

Swimmers must gain the time & awards before moving groups

Group 1 NTP (Learner)	Prerequisites: able to swim 2~5m, put head under water & be 5yrs or older	Aim to achieve awards 2 & 3	6:15~6:45 learner pool, Friday only
Stage 1			
Group 2 NTP (Beginner)		Already have awards 2 & 3 Aim to achieve awards 4 & 5	6:15~6:45 diving pit, Friday only
Stage 1			
LENGTHS GROUPS			
Group 3 NTP (Improver 1)		Already have awards 4 & 5 Aim to achieve award 6	
Stage 1			
Group 4 NTP (Improver 2)	To get into group 4 =	Already have award 6 Aim to achieve award 7	
Stage 1			
Group 5 NTP (Advanced 1)	To get into group 5 =	Already have award 7 Aim to achieve award 8	
Stage 1			
Group 6 NTP (Advanced 2)	To get into group 6 =	Already have award 8 Aim to achieve award 9	
Stage 1			
Group 7 NTP (Precompetition development)	already < 50s 50m fc	Already have award 9 Aim to achieve award 10	
Stage 1			
Group 8 (Presquad)	already < 45s 50m fc & or 3m20~35s 200m fc	Already have award 10 Aim to achieve 2 stroke awards	
Stage 2			
Group 9 (Presquad)	already 1.32~36s 100m fc & or 3m10~19s 200m fc	Already have awards up to 10 + two stroke awards Aim to achieve 3rd stroke award & start award.	
Stage 2			
Group 10 (Presquad)	already 1.28~31s 100m fc & or 3m00~09s 200m fc	Already have awards up to 10 + three stroke & start awards Aim to achieve 4th stroke award & individual medley award	
Stage 2			
Group 11 (Squad)	already 1.23~27s 100m fc & or 2m53~2m59s 200m fc	Already have all the awards above	
Stage 3+			
Group 12 (Squad)	already 1.18~22s 100m fc & or 2m44~52s 200m fc	Already have all the awards above	
Stage 3+			
		Must also have 200m individual medley time of:	
Group 13 (Squad)	already 1.13~17s 100m fc or 2m33~43s 200m fc	under 3m04s	
Group 14 (Squad)	already 1.08~12s 100m fc or 2m23~32s 200m fc	under 2m52s	
Group 15 (Squad)	already 1.04~07s 100m fc or 2m15~22s 200m fc	under 2m42s	
Group 16 (Squad)	already 59~1.03s 100m fc or 2m05~14s 200m fc	under 2m32s	
Group 17 (Squad)	already 56~58s 100m fc or 1m59~2m04 200m fc	under 2m25s	
Group 18 (Squad)	already 55 or faster 100m fc or 1m58 or faster 200m fc	under 2m20s	

PLEASE NOT Groups 1 TO 7 are part of the National Teaching Plan

- 1. % Attendance & behaviour will also be taken into account before moving groups.**
- It is vital for skill acquisition that National plan awards must be achieved as well as times.
- Swimmers not maintaining their group standards when assessed may be moved down a group.
- The groups will be reviewed every 12 months as standards/times & sessions change.