

ASA ORGANISATIONAL POLICIES

SWIMMING SECTION

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Page	1 of 1
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AGE OF SWIMMING

British Swimming, together with the Amateur Swimming Association, Swim Wales and Scottish Swimming has formulated the following clear policy of the age of swimming.

It is recognised that talented young swimmers need to be exposed to appropriate competition and training in order to achieve their potential. However, it should be stressed that young swimmers should not over compete nor over train, indeed quite the reverse. A talented young swimmer who may be 10, 11, 12 or 13 should be exposed to appropriate competition and appropriate training which will stretch the athletes and allow their talents to develop (see ASA Regulation 410 Minimum Ages for Competition).

It is recognised however that there is a role which all the parties to this policy must play to ensure that swimmers, parents, coaches and club administrators are aware of their responsibilities in handling talented swimmers and we have given a commitment to ensuring that the appropriate education programme is in place.

It should be understood by everyone that it is not necessary for talented young swimmers to swim in every competition for which they are eligible, nor should they engage in training for training sake. A clear training programme suitable for the talented swimmer and a planned competition programme are essential ingredients in their development.

Adults should place no pressure on our talented young swimmers, whether they be coaches, parents or club administrators. Their talent should be nurtured in order to achieve their potential at the most opportune time for them personally.

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