



IDEAS FOR YOUR CLUB'S IMPROVEMENT PROGRAM TARGETS

1. For swimmers who have improved their technique the most during the season
2. For swimmers who have reduced their times the most in each of the strokes and the medley (10 years and under – combined times of 4 x 50m each stroke)
3. Using last season's Long Course & Short Course PBs, measure improvement at set dates during the season (e.g. Regional Championships or annual club meet)
4. Compete in a number of various events and distances
5. Using technique criteria sheets, record swimmers' technique score and measure improvements during the season – **Time over Technique** (e.g. in an Event, the Time the swum added to the number of Strokes i.e. 50m free = 32.34 sec – 48 stroke = 80.34. The swimmer will either need to swim faster with the same amount of strokes, or swim the same time with less strokes)
6. When swimmers reach qualifying times. These could be:
 - JX / Regional Championships/ State qualifying / National Age qualifying
 - When a JX swimmer achieves a higher tier or a State qualifying time
 - When a swimmer first qualifies for Regional champs, Qld State or National Age



IDEAS FOR YOUR CLUB'S PARTICIPATION PROGRAM TARGETS

1. Set a number of competitions/club nights that swimmers are to attend, for example:
 - Swimmers to represent the club at a certain number of meets during the season e.g. at least 1 x Short Course meet and 1 x Long Course meet
 - Swimmers to attend a certain number of club nights and represent the club at the Regional Championships
2. Set stroke/event criteria, for example:
 - Swimmer to swim 100m of each stroke and a 200 Individual Medley at an event during the season
 - 10yrs and under 4 x 50 each stroke and 100 Free
 - 11yrs and over - 200 Free and 200 Medley
3. Attend a certain number of sessions each week, for example:
 - Swimmer to attend a certain number of sessions each week for a certain amount of weeks
 - Swimmer to attend a certain number of sessions each week between certain dates (i.e. in the peak of the season).
4. Attend a certain number of club nights and represent the club at the Regional Championships

Remember though, these are just ideas to get you thinking!
You're welcome to come up with your own ideas. If you'd like to chat about your Club's involvement in the McDonald's Participation & Improvement programs please contact one of our club development officers:

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