

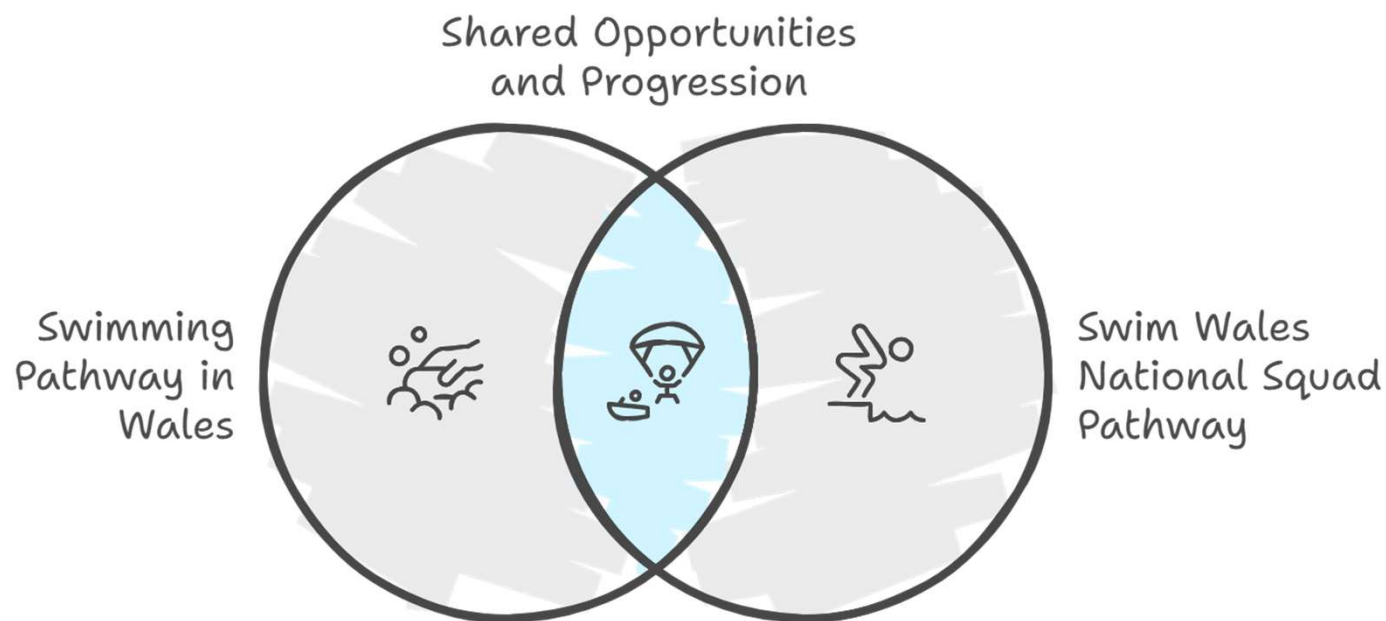


**Pathway Education**

# Pathway Education



## Overview of Swimming Pathway in Wales





## What is Pathway?

Pathway refers to the **structured progression** that individuals undertake as they move through **different stages of participation and development** within the sport.

This pathway typically **starts from grassroots or introductory levels**, such as learn-to-swim programs, and **progresses through various levels of training environments, competition and skill development** to reach **elite or high-performance levels**.

The Pathway **serves to guide** individuals through their sporting journey, providing **structure, support, and opportunities** for development as they strive to achieve their **full potential** within the sport.





# Swimming Pathway Guidelines and Expectations

	Development	Performance	High Performance / University Programmes
<i>Guide Age</i>	<i>M 9yrs + F 8yrs +</i>	<i>14yrs +</i>	<i>18yrs +</i>
<b>Pre &amp; Post Pool</b> (per pool session)	15-20 minutes pre 15-20 minutes post	20-30 minutes pre 20-30 minutes post	30 minutes pre 30 minutes post
<b>Pool</b> (hours per week)	12-16 hours	14-18 hours	16-20 hours
<b>Land / S&amp;C</b> (hours per week)	1-2 hours	1-3 hours	3-5 hours
<b>Other</b>	N/A	Limited access to SSSM support	Full access to SSSM support

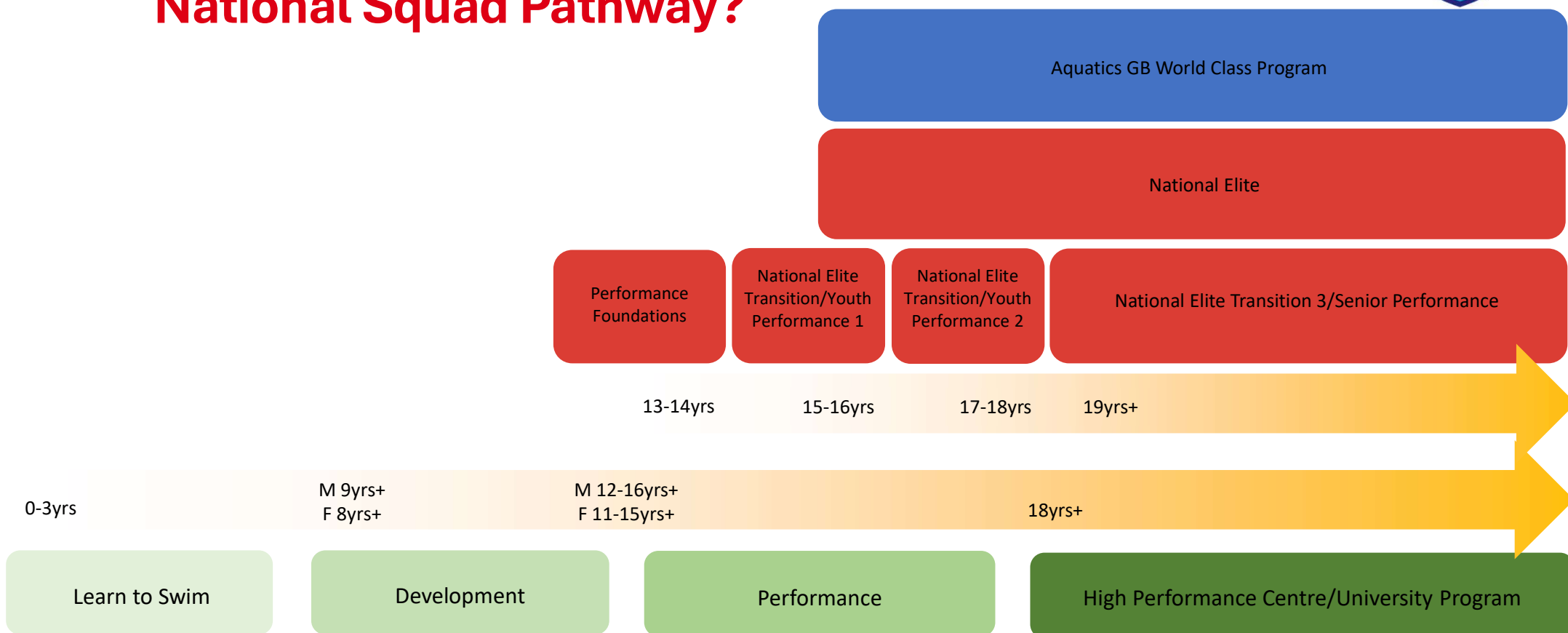
*These are guidelines only.*

Consideration should be given to the following factors:

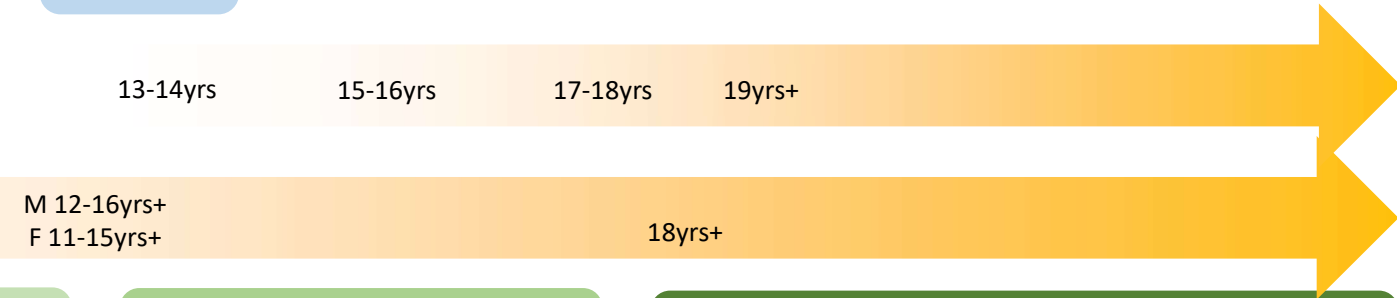
- Biological age vs chronological age
- Stage of training development and background of training
- Technical competence and event specificity
- Current development vs performance level
- Injury/illness
- Level of impairment (para-swimmers)



# How does the Swimming Pathway link to the National Squad Pathway?







0-3yrs

M 9yrs+  
F 8yrs+

M 12-16yrs+  
F 11-15yrs+

18yrs+

Learn to Swim

Development

Performance

High Performance Centre/University Program