



SWIMMING PROGRAMMES

Frequently Asked Questions (FAQ)

1. What is the Vision and Key Goals of the SSC Swimming Department?

- Our Vision is to be the number 1 Premier Swimming Club in Singapore
- Our Mission is to be the best that we can be as a premier swimming and recreation club achieving excellence and be distinctive and successful in the club business
- Producing a consistent pipeline of swimmers that progress from our Learn-to-Swim programme through to our Development & Competitive program
- Achieving representations at both local national competitions and also at regional/international competitions representing our country at junior and senior levels

2. Communication channels between Swim management and swimmers and their parents?

- The current channels that we have for information and communication are through our club's website, Whatsapp business, phone, swimming counter (at Bowling Centre), Periodic Meet the Parents Session, and email updates (weekly).
- The recently mooted suggestion of the Parents Supports Group is a good initiative and will help to bridge the gap in communication between the Swim management and the parents.
- There have also been discussions to have informal monthly dialogue sessions between the Swim management and parents to help address any queries that may arise.
- The above mentioned channels already serve as communication opportunities between Head Coach / Section Head / Swimming Coaches and parents of the younger swimmers. Should any matters of great urgency arise, they are free to approach Head Coach / Section Head / Swimming Coaches on pool deck after training sessions.
- Alternatively, they can drop an email with their inquiry to the Head Coach / Section Heads, and the coaches will then respond accordingly. If it should require a face-to-face discussion, that can then be arranged at a time of convenience among the parties involved.

Refer to the link for Swimming Department Communication Channel & Organization Chart:

<https://drive.google.com/drive/folders/1J37u2CsPXAtj-JzhAKDLI1kS-B1zcIO>

(If unable to open link, kindly copy and paste link directly into browser)

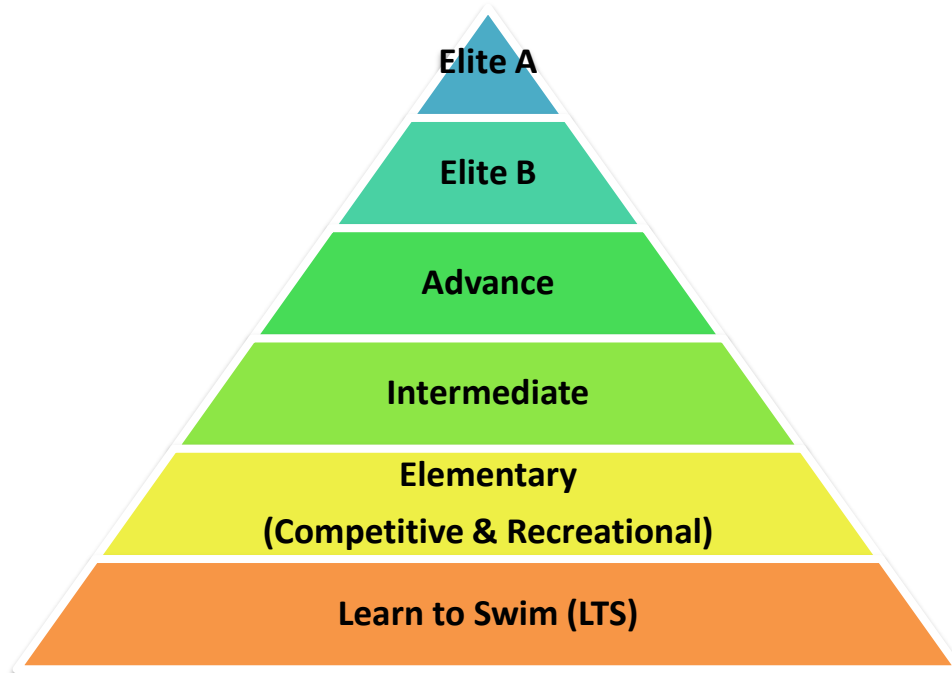
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Development & Competitive

1. What is SSC Development & Competitive Squads Structure?

The Development & Competitive programme consists of **six levels**. It is for swimmers who have completed the Learn-to-Swim programme and who desire to swim competitively.



2. Can the cap on the number of swimming sessions be removed to allow more training for swimmers?

- The cap on the number of swimming sessions was previously put in place to manage the numbers during the Covid-19 pandemic. However, the purpose of implementing this cap now, as we move towards a Post Covid-19 pandemic environment, is to ensure that our swimmers are not over-trained at too young of an age.
- The stimulus of training should progress along with the physiological and psychological development of the swimmer. If we are unable to do this, burnout will likely occur due to the continued demands in the sports (training and competing) without the opportunity for physical and mental rest and recovery, and as a result, we will lose young students of the sport and we then have to restart the cycle of development.

3. How could the parent play an active role in swimming?

- We encourage parents to attend our Meet the Parent sessions so that the Swim Department can share any latest information and updates.
- We welcome parent volunteering in SSC Swim Meets, it will be a great opportunity to learn how the competition system works.

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4. What can I do to be the best swimming parent I can be?

Give your child something only you can give! Unconditional love, total support, compassion and unwavering belief in them as human beings. In the long term, whether your kids become world record holders in swimming, lawyers, doctors, teachers... it is not their talent that defines them or makes them successful – it is who they are.

And no one can help kids to develop values, virtues and characteristics like their family

5. Work-Life Balance

When the coach is on annual/ medical leave, the coverage of swimming lessons will be via combining of squads and/or replacement coach.

6. How does the Club swimming programme help children to make it to Direct School Admission (DSA)?

- The Club swimming programme is focused on helping swimmers to develop based on a long-term athlete development pathway. This is to ensure that each and every swimmer will be given the opportunity to swim up to their potential when they are both physically and mentally capable.
- Our programme aims to help our swimmers improve upon their performances from year to year and the DSA programme by MOE is one of the many milestones that we hope the athlete can achieve along this pathway; however, the eventual goal is to have more SSC swimmers represent Singapore the national open level.

7. What are the Upgrading Criteria for the Competitive Squads (INT, ADV, ELITE B and ELITE A)?

Four Basic Components:

1. Within target minimum age (based on year of birth)
2. Compulsory Events/Distances
3. Other Events/Distances
4. Maximum number of sessions allowed per week for the squad

Current standard in use is the **2022 FINA Point Scoring** (Long Course, 50m)

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ENTRY INTO INTERMEDIATE SQUAD		
Pre-requisites for Intermediate Squad: <ol style="list-style-type: none"> 1. Minimum Age: 6 years of age (by year of birth) 2. Compulsory event for upgrading : 200m Individual Medley AND 100m Freestyle 3. Any 2 other events of any distance indicated in the table 4. Max. no. of sessions per week for Intermediate squad: <ul style="list-style-type: none"> – 5 x (school term), – 6 x (school holidays) 	Events (Long Course Metres)	Time Standards (130 FINA Pts Female)
	50m Free	00:46.72
	100m Free	01:42.07
	200m Free	03:43.02
	400m Free	NA
	50m Back	00:53.25
	100m Back	01:53.40
	200m Back	NA
	50m Breast	00:57.83
	100m Breast	02:06.59
	200m Breast	NA
	50m Fly	00:48.22
	100m Fly	01:49.51
	200m Fly	NA
	200m IM	04:08.96
	400m IM	NA

ENTRY INTO ADVANCE SQUAD		
Pre-requisites for Advance Squad: <ol style="list-style-type: none"> 1. Minimum Age: 8 years of age (by year of birth) 2. Compulsory event for upgrading : 200m Individual Medley AND 200m Freestyle 3. Any other one 100m event and any other one 50m event 4. Max. no of sessions per week for Advance squad: <ul style="list-style-type: none"> – 6 x (school term), – 7 x (school holidays) 	Events (Long Course Meters)	Time Standards (250 FINA Pts Female)
	50m Free	00:37.57
	100m Free	01:22.08
	200m Free	02:59.34
	400m Free	NA
	50m Back	00:42.82
	100m Back	01:31.19
	200m Back	NA
	50m Breast	00:46.51
	100m Breast	01:41.80
	200m Breast	NA
	50m Fly	00:38.78
	100m Fly	01:28.06
	200m Fly	NA
	200m IM	03:20.20
	400m IM	NA

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ENTRY INTO ELITE B SQUAD

Pre-requisites for Elite B Squad:	Events (Long Course Meters)	Time Standards (360 FINA Pts Female)
<ol style="list-style-type: none"> 1. Minimum Age: 10 years of age (by year of birth) 2. Compulsory event for upgrading : 200m Individual Medley AND 400m Freestyle AND 3. Any other two different events out of the following distances (50m/100m/200m/400m) 4. Max. number of sessions per week: - 7 x (school term), - 8 x (school holidays) 	50m Free	00:33.27
	100m Free	01:12.68
	200m Free	02:38.81
	400m Free	05:32.39
	50m Back	00:37.92
	100m Back	01:20.75
	200m Back	02:53.39
	50m Breast	00:41.18
	100m Breast	01:30.14
	200m Breast	03:15.32
	50m Fly	00:34.34
	100m Fly	01:17.98
	200m Fly	02:51.23
	200m IM	02:57.28
	400m IM	06:14.42

ENTRY INTO ELITE A SQUAD

- Pre-requisites for Elite A Squad:
1. Minimum Age: **12 years of age**
(by year of birth)
 2. Compulsory event for upgrading : 200m Individual Medley AND 400m Freestyle
AND
 3. Any other two events from the following distance combinations :

 (Freestyle 400m/800m/1500m) achieving 400 FINA Points Male / 480 FINA points Female
OR
 (Freestyle 100m/200m/400m) achieving 400 FINA Points Male / 480 FINA points Female
OR
 (all Strokes 50m/100m/200m) achieving 400 FINA Points Male / 480 FINA points Female
 4. Max. number of sessions per week:
 – 8 (school term)
 – 9 (school holidays)

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Male Time Standards (400 FINA Pts)	Events (Long Course Meters)	Female Time Standards (480 FINA Pts)
00:28.37	50m Free	00:30.23
01:03.66	100m Free	01:06.04
02:18.43	200m Free	02:24.29
04:58.68	400m Free	05:02.00
10:13.62	800m Free	10:19.16
19:42.15	1500m Free	19:35.62
00:32.30	50m Back	00:34.45
01:10.37	100m Back	01:13.37
02:31.89	200m Back	02:37.54
00:35.21	50m Breast	00:37.42
01:17.19	100m Breast	01:21.90
02:51.17	200m Breast	02:57.46
00:30.22	50m Fly	00:31.20
01:07.11	100m Fly	01:10.85
02:30.28	200m Fly	02:35.57
02:34.72	200m IM	02:41.07
05:30.94	400m IM	05:40.19

8. What swimming times can be considered for the upgrading?

- All times must be achieved at swim meets that are timed electronically. (No manual or hand timing)
- Only individual event times achieved within the calendar year will be considered. (Ensure that swimmer maintains consistent training)
- Relay lead-off times & splits times WILL NOT be considered.

9. Can the age limit be removed for progression/entry into the next level?

The age limit put in place works in tandem with the cap in the number of swimming sessions as we try to ensure that our swimmers are physically and mentally more mature and able before they undertake an increased number of training sessions. In addition, we are also allowing the swimmers time to mature mentally so that they can comprehend and execute the skill, drills, and techniques that will be taught at the next level.