

# CMK / CRUSADERS PERFORMANCE PATHWAY

## Working Together

Linslade Crusaders SC and City of Milton Keynes SC are pleased to announce we are working together to provide a performance pathway for swimmers with the ability and commitment to swim at the highest level. The pathway allows swimmers to move to an increased level of training in a structured way in line with the Long Term Athlete Development plan.

## Long Term Athlete Development

The LTAD is a basis to training volumes, intensities and activities, circulated by the Amateur Swimming Association. This ensures swimmers gain the right training at the right time. Crusaders and CMK coaches are committed to providing training within this structure.

## What It Takes

The experience of top coaches show us that there is more than one way to the top. However, the swimmers most likely to succeed are those that commit to significant levels of training. Many National level swimming programs offer 18 hours or more training to senior athletes. The partnership with CMK now ensures that this performance route is available to Crusaders swimmers.

## Getting There

Building up to Performance training loads takes time. Achievement in swimming is a long term task. Typically swimmers need to start to gradually increase training loads at early puberty. Therefore swimmers will be approached by Crusaders Coaching staff to begin membership to the scheme at or just before this age. Swimmers are encouraged to compete for Crusaders but benefit from extra training at CMK for all but 1 session per week.

## The Benefits

Different swimmers get different things from swimming at Performance level. The satisfaction of being the best you can be, the enjoyment of traveling to different places, the special bonding with other swimmers who also set their alarms for 5am! CMK try to offer this level of training in a positive setting with the continued support of Crusaders swimming club.

If you are interested ask your Head Coach to find out more.

CITY OF MILTON KEYNES SC

**CMK**

**LINSLADE CRUSADERS SWIMMING CLUB**