

## **ADVANCED APPRENTICESHIP IN SPORTING EXCELLENCE (AASE)**

### **Swimming Selection Policy 2009**

#### **What is AASE?**

The Advanced Apprenticeship in Sporting Excellence (AASE) is an England Talent programme designed to meet the needs of athletes aged 16-18 who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level as their main career goal, whilst continuing with their education.

AASE offers the first opportunity for elite and potentially elite athletes to get a proper recognition of the skills, knowledge and understanding they are developing/gaining in their quest for excellence.

Athletes will receive additional support and guidance within their sport and education. This is a two-year sports apprenticeship programme.

The programme was launched in 2006 and has grown to have 230 athletes across all aquatic disciplines. Approx 70 athletes a year are selected from swimming. Over the past two years the programme has developed further athlete resources and is always developing ways to improve the sport and education pathway for AASE athletes.

#### **The Apprenticeship framework:**

- NVQ Level 3 Achieving Excellence in Sports Performance (Specific to your sport)
- Technical Certificate (Education): A choice or mix of any A/AS Levels, BTEC Sport Awards, GCSE's, Coaching Qualifications or any other sporting professional qualification undertaken at school/college or appropriate body. Funding for UKCC Level 2 in Coaching (all sports) is available for all AASE athletes and the RLSS Pool Lifeguard Qualification up to £220. If there are other qualifications you wish to undertake that you think might be eligible for funding please contact AASE Programme Manager.
- Key Skills Level 2 in Application of Number & Communication (Please note those who have achieved grade C above in GCSE English and/or Maths will be exempt, otherwise Apprentice's will complete key skills at their school/college.)

Talent and Development Officers will work with athletes to guide and assist them through the NVQ Level 3. The NVQ isn't academic and is based on everything elite athletes undertake along their talent pathway to a world-class level.

The NVQ allows swimmers to achieve a nationally recognised qualification awarded by Edexcel for the work they are already putting into swimming. The NVQ helps to educate swimmers more about what they are doing in the pool and encourages them to further their swimming career.

AASE swimmers will attend an offshore camp as part of their programme, regional camps and workshops will also take place annually and the dates are selected in a way that compliments the competition calendar. Camps are compulsory for all swimmers and fully funded as part of the AASE programme. However those swimmers who are World Class Programmes athletes do not have to attend additional camps if they fill they cannot commit to all camp requirements and can arrange to meet with their Talent Development Officer individually. Athletes who attend world class camps can use this to contribute towards achieving the NVQ Level 3.

AASE provides clear pathways and exit routes for elite swimmers either to professional swimming career, university, employment or a mix.

## Eligibility

To be considered for the Advanced Apprenticeship in Sporting Excellence Programme 2009-2010 swimmers must be of 16 years of age and born between 1<sup>st</sup> September 1992 – 31<sup>st</sup> August 1993. Swimmers must be based and educated in England.

In order to be considered for selection on to the AASE programme the athletes must:

- 1) Meet the performance criteria (times) listed in the selection policy.
- 2) Demonstrate a willingness to commit to 15 hours per week of swim training. With additional landwork programmes undertaken outside of swimming sessions. The Talent Development Officers will monitor the training programme of the selected athletes.
- 3) Have completed GCSE Exams by the summer of 2009. If the athletes achieved a Grade C or above for Maths and English they are exempt from the Key Skills component of the programme
- 4) Be in full time education in September 2009 in Year 12 or willing to undertake coaching awards and other sporting course over the 2 years.

## Selection Process

The next AASE group will commence the programme in September 2009. There will be an AASE Open Day and a formal Induction Day held in September.

Swimmers will be considered for selection in two stages.

### Stage 1

The first stage is prioritised for swimmers who achieve the published qualifying times within the last 12 months by 5th August 2009 [**See table 1.1 and 1.2**] and who can demonstrate the required commitment level, within an appropriate environment, to be capable of achieving their potential within the sport. Qualification times must be achieved in Long Course 50m Pool.

**Table 1.1 Based on the World Class progression curve, derived from British points system.**

FEMALE	EVENT	MALE
27.50	50m Freestyle	24.60
59.20	100m Freestyle	54.10
2.08.00	200m Freestyle	1.56.4
4.26.70	400m Freestyle	4.10.90
9.10.10	800m Freestyle	NA
NA	1500m Freestyle	16.34.00
1.06.10	100m Backstroke	1.00.40
2.20.80	200m Backstroke	2.10.60
1.13.50	100m Breaststroke	1.07.30
2.37.70	200m Breaststroke	2.25.80
1.04.80	100m Butterfly	59.10
2.22.30	200m Butterfly	2.11.50
2.24.10	200m Individual Medley	2.12.90
5.02.50	400m Individual Medley	4.42.00

**Table 1.2 Open Water (Please note these times can be achieved in the pool, and distances 3K and 10K will be taken into consideration)**

Female	5K	1.03.15.00
Male	5K	1.01.21.00

## Stage 2

At the second stage of selection, a limited number of places maybe available for additional swimmers. Selection will be based of being a “Top 6” English based swimmer at either the ASA National Championships or ASA National Youth Championships, in an Olympic event. Selections will be at the discretion of the AASE Programme Manager and the Talent Development Coordinator.

Swimmers selected on this basis will be required to demonstrate the required commitment level, within an appropriate environment, to be capable of achieving their potential within the sport.

Additional Swimmers may be selected at the discretion of the AASE Programme Manager and Talent Development Coordinator.

All eligible athletes must complete the “athlete eligibility” form and return by **August 6<sup>th</sup> 2009** to AASE Office:

AASE Office  
35 Granby Street  
Loughborough  
Leicestershire  
LE11 3DU  
T: 01509 615458  
E-mail: [aase@swimming.org](mailto:aase@swimming.org)

## Talent Identifications

The Talent and Development Officers (TDO’s) will observe and identify eligible athletes at the following events:

- 1) World Trials / British Championships 16<sup>th</sup>-20<sup>th</sup> March 2009 Sheffield.
- 2) ASA National Championships & ASA Youth Championships 28<sup>th</sup> July – 2<sup>nd</sup> August 2009 Sheffield.

Once eligible athletes have been identified the TDO will arrange a briefing interview with each swimmer. Final selection on to the AASE programme is at the discretion of the AASE Programme Manager & the Talent Development Coordinator

Swimmers selected on to the AASE programme must comply with all UK Sport and British Swimming provisions consisting of the ASFGB Doping Control Rules and Protocols, Selection Agreement and Code of Conduct, the ASFGB Disciplinary Code and ASA Child Protection Procedures.

The AASE Programme Manager and the Talent Development Coordinator may remove any athlete from the AASE programme where the athlete is:

- 1) Unwilling to complete work tasks as set by the TDO to fulfil requirements of the NVQ.
- 2) Unable to meet minimum training hours requirement.
- 3) Exhibits conduct that is detrimental to British Swimming or the ASA. Athletes will have to sign an Athlete Agreement and Code of Conduct.

For any further questions regarding the selection criteria or AASE information please contact the AASE Programme Manager [michelle.kiff@swimming.org](mailto:michelle.kiff@swimming.org) and/or the Talent Development Coordinator at [dave.legge@swimming.org](mailto:dave.legge@swimming.org).