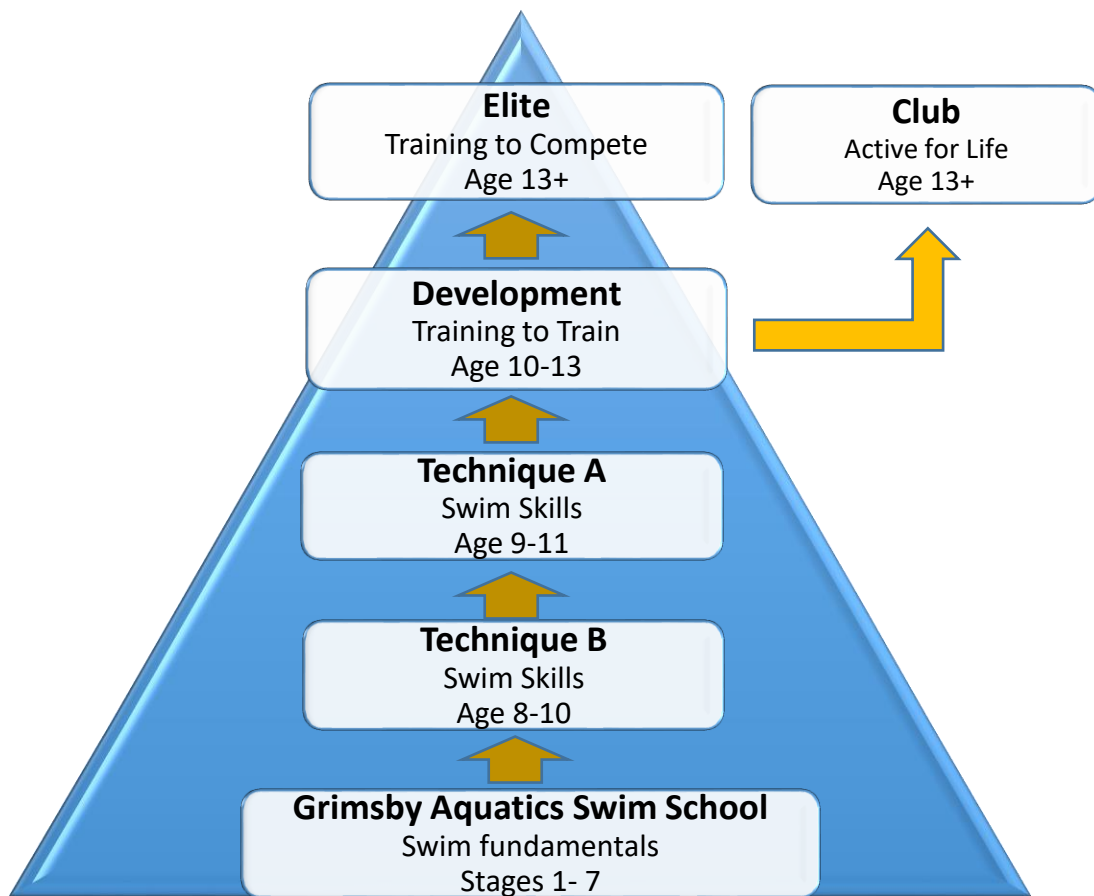




Grimsby Aquatics Swim Team

SWIMMER INFORMATION



Training Squad Hierarchy





Please find a brief description of each squad within Grimsby Aquatic Swim Team for the 2019-2020 season.

With this new and improved squad structure the coaching team have assigned swimmers into the appropriate squads.

A number of factors have been taken into account. These include Gala performance, training performance, swimmers age (end of year), Attendance, and long term potential of the swimmer.

Parents/swimmers will receive an email communication confirming the squad they have been assigned to.

Monitoring of swimmer development and movement within the squad structure will take place three times a year, September January and April.

In entering any of the Squads the swimmer will generally serve a minimum three months probationary period during which time they will be carefully monitored to ensure they are coping with the relevant squad's training and competition culture.

The Head Coach will ultimately have the final decision on all squad movements, placements, and progressions.

Concessions to be made by the Head Coach where applicable.

To ensure all swimmers get the most out of their training, it is essential that everyone adheres to the club's Code of Conduct at all times.

Should you wish to discuss swimmer progression further you can contact me directly at Headcoach@grimsbyaquatics.com



Elite Squad

Aims

- Junior International & top level domestic success.
- Mentor the younger swimmers coming through the club.
- Athletic Accountability (Lifestyle Management, Diet & Time management).
- Develop the disciplined practical & psychological skills necessary to train & perform at this level.

For consideration:

- Swimmers must have achieved at least one Long course Regional qualifying time for that season.
- Be at least 13 years of age (as end of year) with realistic chance of qualifying for Summer National Competition.

It is essential that they demonstrate the following:

Willingness to learn & develop Technique/Racing skills.

Attend & maintain attendance at all sessions as prescribed by the Head Coach.

An unprecedented commitment towards the achievement of their own personal goals through punctuality & professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines & not requesting to leave early).

Willingness to follow the squad's training & competition programme without reservation.

An adequate level of robustness & the ability to remain confident & resourceful in the face of challenges.

Preparedness to act as role models, giving support & promoting positive attitudes/behaviours throughout Grimsby Aquatic Swim Team.

Respect for Coaching Staff & support for all teammates in training & at competitions.



Club Squad

Aims

- To Achieve County & Regional qualification.
- To provide lifelong participation in the sport of swimming.
- Athletic Accountability (Lifestyle Management, Diet & Time management).
- Develop the disciplined practical & psychological skills necessary to train & perform at this level.

For consideration:

- Swimmers must have regularly competed at swim meets during the previous season.
- Be at least 13 years of age (as end of year).

It is essential that they demonstrate the following:

Willingness to learn & develop Technique/Racing skills.

Attend & maintain attendance at all sessions as prescribed by the Head Coach.

An unprecedented commitment towards the achievement of their own personal goals through punctuality & professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines & not requesting to leave early).

Willingness to follow the squad's training & competition programme without reservation.

An adequate level of robustness & the ability to remain confident & resourceful in the face of challenges.

Preparedness to act as role models, giving support & promoting positive attitudes/behaviours throughout Grimsby Aquatic Swim Team.

Respect for Coaching Staff & support for all teammates in training & at competitions.



Development Squad

Aims

- To Achieve Regional qualification.
- Athletic Accountability (Lifestyle Management, Diet & Time management).
- Develop the disciplined practical & psychological skills necessary to train & perform at this level.
- To prepare mentally & physically for the rigors of the Elite squad.

For consideration:

- Swimmers must have achieved at least one Long course County qualifying time for that season.
- Be aged between 10 to 13 years (as end of year).

It is essential that they demonstrate the following:

Willingness to learn & develop Technique/Racing skills.

Attend & maintain attendance at all sessions as prescribed by the Head Coach.

An unprecedented commitment towards the achievement of their own personal goals through punctuality & professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines & not requesting to leave early).

Willingness to follow the squad's training & competition programme without reservation.

An adequate level of robustness & the ability to remain confident & resourceful in the face of challenges.

Preparedness to act as role models, giving support & promoting positive attitudes/behaviours throughout Grimsby Aquatic Swim Team.

Respect for Coaching Staff & support for all teammates in training & at competitions.



Technique A

Aims

- To Achieve County qualification.
- Athletic Accountability (Lifestyle Management, Diet & Time management).
- Develop the disciplined practical & psychological skills necessary to train & perform at this level.
- To prepare mentally & physically for the rigors of the Development squad.

For consideration:

- Swimmers must have competed regularly in club championships & targeted open meets.
- Be aged between 9 to 11 years (as end of year).

It is essential that they demonstrate the following:

Willingness to learn & develop Technique/Racing skills.

Attend & maintain attendance at all sessions as prescribed by the Head Coach.

An unprecedented commitment towards the achievement of their own personal goals through punctuality & professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines & not requesting to leave early).

Willingness to follow the squad's training & competition programme without reservation.

An adequate level of robustness & the ability to remain confident & resourceful in the face of challenges.

Preparedness to act as role models, giving support & promoting positive attitudes/behaviours throughout Grimsby Aquatic Swim Team.

Respect for Coaching Staff & support for all teammates in training & at competitions.



Technique B

Aims

- Skill Development (Starts, Turns, Finishes)
- Technique Development (Competence in all 4 strokes and be able to perform a 200m IM with good technique)
- Aerobic Capacity (Increase in Endurance capacity)
- Speed Progression (Learn how to apply speed with technique)
- Competitive Development (through regular attendance of competitions)
- To prepare mentally & physically for the rigors of the Technique A squad.

For consideration:

- Swimmers must have competed regularly in club championships.
- Be aged between 8 to 10 years (as end of year).

It is essential that they demonstrate the following:

The ability to regulate their own training by using the pace clock.

Willingness to learn & develop Technique/Racing skills.

Attend & maintain attendance at all sessions as prescribed by the Head Coach.

An unprecedented commitment towards the achievement of their own personal goals through punctuality & professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines & not requesting to leave early).

Willingness to follow the squad's training & competition programme without reservation.

An adequate level of robustness & the ability to remain confident & resourceful in the face of challenges.

Respect for Coaching Staff & support for all teammates in training & at competitions.