



JUNIORS-SQUAD

SQUAD PERFORMANCE AND EXPECTATIONS

The following requirements are based on the LTAD document published by British Swimming.

As part of continuing with a swimmer's progress attendance is a key factor to every athlete's development as an elite swimmer. Trying to attend as many sessions as possible will ensure a swimmer attains the full potential they are already showing.

The junior squad train at the FUNdamentals and swim skills stage of LTAD which requires commitment from the swimmer, parents or guardian towards training and attendance.

The squad performance and expectations are as follows:

Age Range: 7yrs – 11yrs

Once a swimmer is 11yrs of age they must earn a place in the intermediate squad to stay within the club programme.

Squad commitment:

2 swim sessions per week on the 1st initial 4-week trial.

Swimmers that show the potential to trial for a place in the Intermediate Squad may be offered a 1 session trial per week for a period of 3 months at the coach's discretion.

- Attend 3 sessions per week including an early morning session aged 10yrs+ at the coach's discretion.
- Arrive 10 minutes early for all sessions for stretches. Finish all PM swim sessions with 10 minutes stretching.
- Swimmers must achieve good technique on all four strokes with strong kick support
- Swimmers must not attend external swim camps/clinics without permission from the Head Coach.

Absence from training, time trials and meets

If for any reason a swimmer is unable to attend a training session, time trial or meet the squad coach should be advised by email (in advance whenever possible) with a brief explanation of circumstances. Such circumstances could include school commitments, injury, illness, family events and holidays but this list is not exhaustive.

Competition Expectations & Commitment:

- Swimmers under 9 years of age are not permitted by the ASA to compete in Open Competitions.
- Swimmers aged 9 years of age and over should compete at all designated level three meets that an athlete may qualify for & County events qualified for in individual or relay events. Minimum of 6 meets per season.
- Compete at all team galas or league meets invited to by the coaching staff. Swimmers under 9 years of age may be eligible for these events.
- Athletes must not enter open meets that are not on the BOBSC Competition Calendar. Any athlete wishing to do so must seek permission from the head coach.
- Athletes should compete in every event at least once per year up to the distance of 400m.
- Competing at Club championships & time trials is essential for swimmers to improve racing skills.
- Ensure that you arrive to all meets 20 minutes early.
- Ensure that you arrive to all afternoon/evening meet warm ups 10mins early on pool side.
- Allow for 10mins stretches prior to AM Meet warm ups. Allow for 10 minutes stretches prior to PM meet warmups.
- Where and when possible fulfil the full pre-race warmups & post-race swim downs. Should swim down facilities be unavailable stretching must be completed.
- A swimmer wishing to withdraw from events on the day of a meet will only be able to do so with the permission of the Head Coach/coach on pool side and only in extreme cases.

Training Kit required

Fins, small kick board, pull buoy, band. Trainers, BOBSC shirt, shorts.

Swimmer appraisal:

The squad coaches meet at periodic intervals and monitor the extent to which swimmers fulfil the squad performance and expectations for the Junior Squad. The coaches will also take into account the commitment, performance, effort and attitude shown by a swimmer both in training and (where applicable) in competition. Where a swimmer is considered not to be performing in accordance with the expectations set out above the areas on concern will be discussed with the swimmer and his/her parent/guardian; where appropriate an agreed plan for improvement will be put in place; and a timescale for improvement will be agreed.

Squad movements:

Squad movements will be made solely at the discretion of the coaches and the Head Coach. Movements will be made when all goals have been reached. The coaches will take into account the swimmer appraisals and, where appropriate, a swimmer's response to areas of concern. The coaches will also take into account each individual swimmer's reasons for absence from training, time trials, club championships and meets.

LTAD Levels

The FUNdamental stage should be structured and fun! The emphasis is on developing basic movement literacy and fundamental movement skills. The skills to be developed are the ABCs (Agility, Balance, Coordination, Speed), RJT (Running, Jumping, Throwing), KGBs (Kinesthetics, Gliding, Buoyancy, Striking with the body) and CKs (Catching, Kicking, Striking with an implement). In order to develop basic movement literacy successfully participation in as many sports as possible should be encouraged.

Speed, power, and endurance should be developed using FUN and games. In addition, children should be introduced to the simple rules and ethics of sports. No periodisation should take place, but there should be well-structured programmes with proper progressions that are monitored regularly.

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