



A-SQUAD

SQUAD PERFORMANCE AND EXPECTATIONS

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

The main objective of A Squad is to train to compete at the highest achievable level. This requires commitment from the swimmer, parents or guardian, the coach towards training, attendance and land based exercises.

The squad performance and expectations are as follows:

Age Range: 10yrs cross training- 11yrs +Female/Male

Squad commitment:

- 6 swim sessions per week & 2* land based sessions on appointment to the squad for the first 3 months trial including 1 early morning. Then 7-8 sessions and 2* land based sessions with 1-2 early mornings.

* Attendance at 2 land based sessions is desirable. As a minimum swimmers should attend at least 1 land based session.

** Currently there is only 1 land based session on the A squad training programme.

Absence from training, time trials and meets

Separate arrangements can be made in agreement with the head coach for the GSCE & A Level exam periods.

Otherwise 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:

- Compete at all designated level one and two meets that an athlete may qualify for and National, Regional and County events qualified for in an individual or relay events. A minimum of 10 meets per season.

- Compete at all team galas or league meets invited to by the coaching staff.

- 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 warm ups.
- Where and when possible fulfil the full pre-race warm ups & 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 allowed to do so with the permission of the Head Coach/coach on pool side and only in extreme cases.

Training Kit required

Swim Bag: Fins, snorkel, kick board, finger/hand paddles, pull buoy, band.
Land based kit: 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 A Squad. The coaches will also take into account the commitment, performance, effort and attitude shown by a swimmer both in training and 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.

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.

A swimmer who, in the opinion of the coaches and taking all individual circumstances into account, does not meet the performance expectations set for the A Squad, will be offered a place in the Youth Squad.

LTAD Levels

The A squad are at the "Training to Train" stage with some swimmers in the "Training to Compete" stage.

Training to train:

During the Training to Train stage, there should be an emphasis on aerobic conditioning. This is the stage where there is greater individualisation of fitness and technical training. The focus should still be on training rather than competition and the training should be predominantly of high volume, low intensity workloads. It is important to emphasise that high volume, low intensity training cannot be achieved in a limited time period, and therefore the time commitment to training should increase significantly. As the volume of training increases there is likely to be a reduction in the number of competitions undertaken. However, there should now be specific targets for each competition undertaken with a view to learning basic tactics and mental preparation. There should be either single or double periodisation of the training year.

During this stage, training should continue to develop suppleness and to include the use of 'own body weight' exercises; medicine ball and Swiss ball exercises. However towards the end of this stage, preparations should be made for the development of strength, which for girls occurs at the end of this stage and for boys at the beginning of the next stage. This should include learning correct weight lifting techniques. The ancillary capacities (the knowledge base of how to warm up and warm down; how to stretch and when to stretch; how to optimise nutrition and hydration; mental preparation; regeneration; how and when to taper and peak; pre-competition, competition and post competition routines) should be established. Similar to the previous stage, if insufficient time is devoted to this stage or it is missed, then the young swimmer will never reach their full potential.

Training to compete:

During the training to compete stage there should be a continued emphasis on physical conditioning with the focus on maintaining high volume workloads but with increasing intensity. The number of competitions should be similar to the end of the previous stage but the emphasis should be on developing individual strengths and weaknesses through modelling and nurturing technical and tactical skills based around specific strokes or distances, but not both. As a result, there should be either double or triple periodisation of the training year. In addition, the ancillary capacities should be refined so they are more specific to the individual's needs.

Carly Herbert

B.O.B.S.C Head Coach

A-SQUAD



BOBSC.CO.UK

LAST UPDATED: 27/03/2019