

TEAM LUTON

SWIMMER

INFORMATION



January 2018

Please find a brief description of each squad within Team Luton Swimming Club for the 2018 season.

With this new and improved squad structure the coaching team have assigned swimmers into the appropriate squad (according to age, swimming level, current sessions attended). Parents / swimmers will receive an email communication confirming the squad (+lead coach) they have been assigned to.

Monitoring of swimmer development and movement within the squad structure will take place twice yearly in January and July. The Head Coach will ultimately have the final decision on acceptance of a swimmer and all movement and progression of swimmers will be the responsibility of the experienced coaching team.

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 direct (headcoach@teamluton.com)

Rikki Morris
Headcoach



January 2018

Squad Criteria

Performance Squad

- Swimmers aged 12+
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Head Coach.
- Swimmers are expected to attend at least 80% of the sessions allocated
- Swimmers are expected to show performance behaviours / professionalism and a mindset that will enable them to succeed at a National level or above.
- Swimmers in this group are aiming for National success and above

Session Attendance based on Age

Age 12

5 sessions per week / 2 land sessions:

Friday A.M

Monday/Tuesday/Thursday/Friday P.M

Age 13

6 sessions per week / 2 land sessions:

Wednesday/Friday A.M

Monday/Tuesday/Thursday/Friday P.M

Age 14/15

7 sessions per week / 3 land sessions

Age 16+

8 sessions per week / 3 land sessions

Swimmers may be asked to do more/less on an individual basis and at discretion of group coach



Junior Performance

- Swimmers aged 11-14
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Head Coach.
- Swimmers are expected to show performance behaviours / professionalism and a mindset that will enable them to succeed on a National level.
- Swimmers are expected to attend at least 80% of the 5 swimming sessions allocated.
- Swimmers are expected to attend a minimum of 1 of the Land training sessions available.
- Swimmers in this group are aiming for Regional success and above
- Once Swimmers reach their 14th Birthday, if they have not reached the required level expected by the Head Coach they will potentially be offered a place in the Senior Competitive group.

5 sessions per week / 3 land sessions:

Monday A.M and Monday P.M split into groups

Friday A.M

Wednesday/Thursday/Friday P.M



Senior Competitive

- Swimmers aged 13-18
- Swimmers are expected to attend at least 70% of the sessions allocated to you.
- Aiming for County Success/Regional Qualification
- Must compete and follow the competition calendar
- Swimmers who reach 18 within the squad will then be asked to move into Senior Age Group/Masters Squad

4 sessions per week / 2 land sessions:

Wednesday A.M

Sunday/Monday/Thursday P.M

Development

- Swimmers aged 10-13
- Swimmers are expected to attend at least 75% of the sessions allocated.
- Once Swimmers reach their 13th Birthday, if they have not reached the required level expected by the Group Coach they will potentially be offered a place in the Senior Competitive group.

4 sessions per week including Pre Pool/Flexibility:

Saturday A.M

Monday/Thursday/Friday P.M



Skills 1

- Swimmers aged 9-11
- Swimmers are expected to attend at least 70% of the sessions allocated.
- If swimmers do not reach the required standard by their 12th birthday we can advise you on alternative options, which may be more suitable to you.

3 sessions per week including Pre Pool/Flexibility:

Tuesday/Thursday/Friday P.M

Thursday session will be split into two groups that alternate weekly and will include Pre Pool/ Land Training and Flexibility work.

Session 1 - 6.45pm to 8.15pm

Session 2 - 7.30pm to 9.00pm

Skills 2

- Swimmers aged 7-10
- If swimmers do not reach the required standard by their 11th birthday we can advise you on alternative options, which may be more suitable to you.

3 sessions per week including Pre Pool/Flexibility:

Monday/Wednesday/Thursday P.M

Thursday session will be split into two groups that alternate weekly and will include Pre Pool/ Land Training and Flexibility work.

Session 1 - 6.45pm to 8.15pm

Session 2 - 7.30pm to 9.00pm



Masters/Senior Age Group Swimmers

- Members to be in the year of their 17th birthday or above.
- Members expected to be training for competition (swimming or triathlons) or fitness - we are not a swim teaching club.
- Comfortable on three strokes and completing repetitions of up to 200 metre Freestyle.
- No minimum % weekly attendance required (mindful of variable work and family commitments) **BUT** swimmers do commit via their standing order for monthly training fees to endeavour to attend certain sessions per week, so that lane occupancies may be determined and monitored.
- Swimmers may attend alternative sessions on an ad-hoc basis, but should lanes become full on a regular basis and swimmer numbers then need to be limited, priority in determining session allocations will be given to those who compete.
- Expected to compete in Club Championships and support other club events wherever possible or practical.

Disability Swimmers

Swimmers with a current or pending disability classification will be placed in a squad appropriate to their level of training/competition and not necessarily be bound by any of the above criteria.

All of the above are guidelines and final decision rests at the discretion of the coaching staff.



Kit Requirements

Performance/Junior Performance/Senior Competitive:

- Fins
- Snorkel (can be purchased through club)
- Kick board / Alignment board
- Pull buoy / Ankle band
- Finger Paddles / Hand Paddles
- 2 x 1 Litre Water Bottles
- Thera band / Roller / Trigger point ball / Skipping rope

Development/Skills 1 and 2

- Fins
- Snorkel (can be purchased through club)
- Kick board / Alignment board
- Pull buoy / Ankle band
- Finger Paddles
- 1 x 1 Litre Water bottles
- Thera band

Exam periods (GCSE/A Level/University)

Once swimmers have their exam timetable they should arrange a meeting with their group coach to discuss an agreed training schedule. Each schedule will be reviewed on an individual basis and at total discretion of the coach.

Competition Entry

- All Team Luton swimmers must follow the set competition plan for their group
- Group coaches will make parents aware of what events swimmers need to be entered in for each meet
- Team Luton is a competitive swimming club and so expect swimmers to compete to track their progress. Failure to compete will lead to a review of the swimmer's place within Team Luton
- If you are aware of any clashes you may have with the Competition plan, you must inform your group coach as soon as possible

Exit Criteria

Failure to meet set criteria will lead to the review of the swimmer's place within the squad.

1 of 3 actions will be taken:

1. Swimmers will be given a 6-week trial period to get back to the standard required set out by the group coach. If this is not achieved action 2 or 3 will be followed through, at the complete discretion of the Head Coach.
2. A different group will be offered at the discretion of the coaching staff.
3. Team Luton will advise you on alternative options outside of the club



Attendance

- Swimmers who are 30 minutes or more late to an **evening** training session will not be allowed to join in. (Unless a valid reason has been previously agreed with the group coach)

Example: Friday P.M starts at 5.45pm if the swimmer is not **IN THE POOL** by 6.15pm then they will not be allowed to join in.

- Swimmers who are 15 minutes late or more to **morning** training will not be allowed to join in.

Example: All Morning training sessions start at 5.35am if the swimmer is not **IN THE POOL** by 5.50am then they will not be allowed to join in.

- If you are not able to make one of your allocated sessions please inform your group coach as a courtesy
- Swimmers wishing to leave a session early will need to previously inform the group coach (not on the day) who will then inform you of their desired course of action
- Swimmers who are consistently late but not outside the boundaries set will be monitored and reviewed.

Morning training

- Swimmers in the Performance squads are expected to complete the whole session (5.35am to 7.15am)
- Swimmers unable to do this need to make every effort to put a plan in place to achieve this by September 2017
- Swimmers unable to train until at least 7.00am will not be permitted to swim unless extenuating circumstances have been discussed and agreed with the Head Coach.