

TEAM LUTON SWIMMING CLUB

**SQUAD CRITERIA
AND
TRAINING INFORMATION**



February 2020

Within this document you will find information of each squad within Team Luton Swimming Club and the criteria and standards swimmers should adhere to at all times. It also lists equipment needed for the individual squads, which must be brought to all training sessions.

The coaching team will assign swimmers into the appropriate squad, based on their individual swimming level. Any changes made to the squads; Parents / swimmers will receive an email communication confirming the squad they have been assigned to.

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

Monitoring of swimmer development and movement within the squad structure will take place twice yearly in February and September. 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 conforms 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



February 2020

Squad Criteria

Academy

- This is an entrance squad for swimmers who have attended a Swim School and reached Stage 5 and above or are of a similar level.
- Show that they have a good understanding of Backstroke, Breaststroke and Front Crawl. Able to demonstrate the basics of Butterfly.
- Understand simple instructions and maintain concentration for the duration of the session.
- Confidence in diving into the water and be able to perform a somersault leading to a tumble turn off the wall.
- Good Attendance.
- An initial 10-week course after which the swimmers will be individually assessed, for movement to Skills 2 or above.

Coaches

Matthew Wright

Vanessa Edwards (Thursday Only)



Skills 2

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 2 sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Coach.
- Swimmers must show that they understand the stroke principles of Backstroke, Breaststroke, Front Crawl and Butterfly.
- Swim 50m (without stopping) of Backstroke, Breaststroke, Front Crawl and Butterfly showing reasonable technique.
- Should be able to dive into the water from standing or from a starting block and be able to perform a tumble turn off the wall.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training
- Must follow the club competition calendar and be competing at Club Championships or above

Coaches

Tony Rogers

Alison Davidson

Geraldine Fallon

Doug Walmsley

Poolside Helpers

Ben Cornforth

Millie Davidson

Freddie Symonds



Skills 1

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 2 sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Lead coach.
- Swim 100m (without stopping) of Backstroke, Breaststroke, Front Crawl and Butterfly showing reasonable technique.
- Competent to dive into the water from a starting block and be able to perform a tumble turn off the wall.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Swimmers in this group are aiming for County Qualification

Coaches

Tony Rogers

Alison Davidson

Geraldine Fallon

Doug Walmsley

Poolside Helpers

Ben Cornforth

Millie Davidson

Justyna Morys

Freddie Symonds



Transition

- This is a pathway from the Skills One Squad to Development
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 2 sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Lead coach.
- Demonstrate good technique in Backstroke, Breaststroke, Front Crawl and Butterfly
- Understanding of the pace clock and how to calculate their own swimming times.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out for them by the Lead Coach.
- Swimmers in this group are aiming for County Qualification or above.

Coaches

Dave Wright

Jane Cattle

Stacey Greene

Poolside Helpers

Ian Hobdell



Development

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 3 sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Lead coach.
- Be able to Swim a 200m Individual Medley to a good competitive standard for their age group.
- Read the pace clock and calculate their own swimming times.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out for them by the Lead Coach.
- Swimmers in this group are aiming for County Qualification or above.
- Once Swimmers reach their 13th Birthday, if they have not reached the required level expected by the Lead Coach, they will potentially be offered a place in the Senior Competitive group.

Coaches

Dave Wright

Jane Cattle

Stacey Greene

Poolside Helpers

Ian Hobdell



Junior Performance

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 5 Swimming sessions including 1 weekday morning session and 1 Land Training session per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Lead coach.
- Read the pace clock and calculate their own swimming times.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training, land training and long course training.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out for them by the Lead Coach.
- Swimmers in this group are aiming for Regional Qualification or above.
- Once Swimmers reach their 14th Birthday, if they have not reached the required level expected by the Lead Coach, they will potentially be offered a place in the Senior Competitive group.

Coaches

Dave Wright

Stacey Greene

Poolside Helpers

Ian Hobdell



Performance Squad

- 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 a minimum of 6 Swimming sessions including 2 weekday morning sessions and 2 Land Training Sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Head coach.
- Read the pace clock and calculate their own swimming times.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training, land training and long course training.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out for them by the Head Coach.
- Swimmers in this group are aiming for Regional success and have a mindset that will enable them to succeed at a National level or above.

Coach

Rikki Morris



Senior Competitive

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- Swimmers are expected to attend a minimum of 4 Swimming sessions including 1 weekday morning sessions and 1 Land Training Sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Head coach.
- Read the pace clock and calculate their own swimming times.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Maintain good attendance at training.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out for them by the Head Coach.
- Swimmers in this group are aiming for County Qualification or above.
- Swimmers who reach 17 years of age within this squad will then be asked to move into the Senior Age Group Squad

Coach

Rikki Morris



Senior Age Group

- 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 2 Swimming Sessions per week. Swimmers may be asked to do more/less on an individual basis and at the discretion of the Head coach.
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Swimmers expected to be training for competition
- Expected to compete in Club Championships and support other club events wherever possible or practical.
- Swimmers who reach 18 years of age within this squad will then be asked to move into the Masters Squad, if they are not qualifying for Counties or above.

Coach

Rikki Morris



February 2020

Masters

- Swimmers to be in the year of their 18th birthday or above.
- Swimmers expected to be training for competition (swimming or triathlons) or fitness - we cannot teach you to swim.
- 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.

Coach

Pauline Harrington

Jane Cattle



Equipment

There are a number of pieces of kit that you will need for training and competition, these include trunks/costumes, goggles and hats. Training equipment needed for every session is as below:

Performance/Junior Performance/Senior Competitive:

- Fins
- Snorkel
- Kick board / Alignment board
- Pull buoy
- Hand Paddles
- 2 x 1 Litre Water Bottles
- Thera band / Roller / Trigger point ball / Skipping rope

Development/Transition/Skills 1 and 2/Academy

- Fins
- Snorkel (not Academy)
- Kick board / Alignment board
- Pull buoy
- Finger Paddles (not Academy)
- 1 x 1 Litre Water bottles
- Thera band/Skipping Rope

Listed below are some retailers who sell this equipment:

www.mailports.co.uk

www.proswimwear.co.uk

www.allensswimwear.co.uk

www.decathlon.co.uk

www.simplyswim.com

www.sportdirect.com

Club Kit - Tee Shirt, Hoodie and Jacket

The club kit can be purchase online from Premium Force

www.premiumforce.co.uk/your-club/swimming-clubs/team-luton-swim-club/

Every swimmer must purchase at least the Pro Training Tee, as Team Kit must be worn at all competitions. Club Swim Hats can be purchased at the Club Desk on a Thursday.

At competitions swimmers should wear suitable clothing to keep warm ie. shorts, leggings or tracksuit bottoms preferable plain black.



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 train until at least 7.00am will not be permitted to swim unless extenuating circumstances have been discussed and agreed with the Head Coach.

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

