

TEAM LUTON SWIMMING CLUB

SQUAD CRITERIA
AND
TRAINING INFORMATION



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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. Reasonable adjustment will be made to swimmers with a current or pending disability classification.

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. All Swimmers in Performance squads must adhere to the Performance Charter.

Should you wish to discuss swimmer progression further you can contact me direct (headcoach@teamluton.com)

Jamie Fowler
Headcoach



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Coaching Team

Head Coach	Jamie Fowler	headcoach@teamluton.com
Assistant Head Coach	Dave Wright	assistantcoach@teamluton.com
S+C Coach	Ian Hobdell	landcoach@teamluton.com
Academy Lead Coach	TBC	academy@teamluton.com
Squad Coaches	Jane Cattle	Tony Rogers
	Matthew Wright	Doug Walmsley
	Alison Davidson	Gary Smith
	Stacey Greene	Geraldine Fallon
	Vanessa Edwards	Pauline Harrington
	Jack Ryan	Michael Rodgers



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Squad Criteria

Academy 1

- This is an entrance squad for swimmers who have attended a Swim School and reached Stage 6 and above or are of a similar level.
- Swimmers must 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.
- Swimmers will be continuously assessed to enable them to be moved into a more appropriate squad for their standard of swimming.



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Academy 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 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 50m (without stopping) of Backstroke, Breaststroke, Front Crawl and Butterfly showing reasonable technique.
- Be competent in all the following skills:
 - Push off in streamline position
 - Scull effectively
 - Hold body alignment
- 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.
- Must follow the club competition calendar and be competing at Club Championships or above



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Academy 3

- 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 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 100m (without stopping) of Backstroke, Breaststroke, Front Crawl and Butterfly showing reasonable technique.
- Be competent in all the following skills:
 - Able to demonstrate a Competitive Start
 - Push off in streamline position for a minimum of 5m
 - Perform a tumble turn and kick out underwater
- Understand and comply with lane discipline and be respectful to their coaches and fellow team mates, setting a good example to others.
- Must be competing at Club Champs as a minimum requirement and represent the Club at League Galas.
- Swimmers in this group are aiming for County Qualification



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Academy 4

- 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 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 200m (without stopping) showing good technique in Backstroke, Breaststroke, Front Crawl and Butterfly
- Be competent in all the following skills:
 - Able to perform Medley turns
 - Kick out underwater for a minimum of 12.5m
- 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.
- Must be competing at Club Champs + Open Meets as a minimum requirement and willing to represent the Club at League Galas.
- Be self-motivated to achieve the goals set with their Lead Coach.
- Swimmers in this group are aiming for County Qualification or above.
- Once Swimmers reach their 13th Birthday, a decision will be made to move the swimmer to a more appropriate squad.



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Competitive 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 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- 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.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve continual improvement at competitions.
- Swimmers in this group are aiming for County Qualification or above.
- Show the attributes of a Team Luton Swimmer
- Once Swimmers reach their 14th Birthday, a decision will be made to move the swimmer to a more appropriate squad. Squad moves will be reviewed in February and September, and swimmers will be offered a place in either Performance or Competitive.



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Performance Development

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.
- All Swimmers must have committed to the Performance Charter.
- Swimmers are expected to attend 85% of their allocated sessions per week including 1 weekday morning session. Swimmers may be asked to do more/less on an individual basis by the Lead coach.
- Be able to Swim a 200m Individual Medley, with sound technique and skills.
- 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.
- 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.
- Show the attributes of a Team Luton Swimmer
- Once Swimmers reach their 14th Birthday, a decision will be made to move the swimmer to a more appropriate squad. Squad moves will be reviewed in February and September, and swimmers will be offered a place in either Performance or Competitive.



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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 85% of their allocated sessions per week including 1 weekday morning session. Swimmers may be asked to do more/less on an individual basis by 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.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve continual improvement at competitions.
- Swimmers in this group are aiming for County Qualification or above.
- Show the attributes of a Team Luton Swimmer
- Swimmers who reach 18 years of age within this squad will then be asked to move into the Senior Age Group Squad.



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Performance

- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Head Coach.
- All Swimmers must have committed to the Performance Charter.
- Swimmers are expected to attend 85% of their allocated sessions per week, including 2 weekday morning sessions. Swimmers may be asked to do more/less on an individual basis by 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.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out in conjunction with the Head Coach.
- Show the attributes of a Team Luton Swimmer
- Swimmers in this squad must satisfy the performance consideration criteria for this squad.



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Masters / Senior Age Group

- 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.



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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 and Competitive:

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

Academy:

- Short Tip Fins
- Freestyle Snorkel
- Kick board / Alignment board
- Pull buoy
- Finger Paddles (Academy 4 Only)
- 1 x 1 Litre Water bottle
- Thera band (Academy 4 Only)
- Skipping Rope
- Mesh Bag

Listed below are some retailers who sell this equipment:

www.mailsports.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 purchased 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 from the club.

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



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Attendance / Punctuality

- Swimmers who are 20 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 Lead Coach)

Example: Friday P.M starts at 5.45pm if the swimmer is not **IN THE POOL** by 6.05pm 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 5.30am if the swimmer is not **IN THE POOL** by 5.45am then they will not be allowed to join in.

- Swimmers must maintain good attendance. Swimmers are expected to attend 85% of their allocated sessions per week.
- If there is a land training session on the same day immediately before or after a pool session, this forms part of the session and swimmers are expected to attend both unless an alternative S+C plan has been agreed.
- If you are not able to make one of your allocated sessions, please inform your Lead Coach as a courtesy
- Swimmers wishing to leave a session early will need to previously inform the Lead Coach (not on the day).
- Swimmers who are consistently late but not outside the boundaries set will be monitored and reviewed and appropriate action may be taken.



Exam periods (GCSE/A Level/University)

Once swimmers have their exam timetable, they should arrange a meeting with their Lead 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.
- Lead Coach will make parents aware of what events swimmers need to be entered into 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 Lead 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 reach the standard required set out by the Lead 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

