

City of Cambridge Pathway Squads



Pathway Squads

CoCSC Pathway Squads are the earliest entry point for our junior swimmers. These squads act as a transition from Learn to Swim (LTS) Programmes into a club environment and act as introduction to coaching and the technical aspects of competitive swimming. In the early squads the club encourages swimmers to remain within their LTS where possible to assist in their continual development.

Bronze, Silver & Gold Squads

The entry level of the Pathway Programme where we look for swimmers to have achieved a minimum standard of ASA level 6 or equivalent (and be 7-10yrs). We require Swimmers to ideally continue in their LTS/lesson programme while in this squad as it forms a pivotal part of the swimmer's development.

All swimmers must have the basic understanding of backstroke, breaststroke and front crawl, while being able to demonstrate a rhythmical butterfly kick (Dolphin Kick) action on their front or back. The main focus in this this squad will be to transition swimmers from a lesson/teaching programme environment into a club/coaching environment. In addition, it will focus on developing fundamental skills and technique as well as body position within the water on all the strokes.

Swimmers at this level should be competing in the Club's Mini Meet series and Club Championships on at least Front crawl, Backstroke and Breaststroke.

City of Cambridge Academy Squads



Academy Squads

This is the section of the club where most swimmers start with their competitive swimming career.

At CoCSC, this is where the fundamental development of skills and techniques are taught and improved upon, to allow swimmers to continue their progression and development through the club. With a strong technical foundation that they will then build upon.

The Academy squads focus solely on the fundamental skills. As a coaching team and a club we look to offer each swimmer the opportunity to develop the skills to allow them the opportunity to reach their individual full potential as they progress through to Age group and Senior swimming.

Academy 3

Academy 3 swimmers should already have a basic understanding of all four legal strokes and looking to develop their legal competitive starts and turns and be able to perform these consistently in training and racing. The main focus will be to continue to develop great skills, technique and body position.

Swimmers at this level should be competing at the Mini Meet series and Club Championships at all strokes.

Academy 2

Academy 2 will require swimmers to have a good understanding of all four legal strokes and should be consistently performing legal competitive starts and turn skills. The main focus for these swimmers will be the continual development of their technique and body position and consistency demonstrating skills in training. Aerobic development will be introduced at this stage.

All swimmers should be competing and taking part in the Mini Meet series and Club Championships. At this stage, swimmers should be qualifying for and entering/competing at Level 4 and Level 3 swim meets, including selected-team Meets/Galas as advised by the coaching team. This is key for practising skills and technique in a competitive setting.

Academy 1

This is the top level of the CoCSC Academy Programme. Swimmers will be competing at Level 2/3 and Level 4 swim meets. This will include Mini Meet series, Club Championships, County Championships and any selected-team Meet/Gala's.

Swimmers will have a good understanding of all 4 strokes, skills and turns including Individual Medley. The focus will remain on the continual development and improvement of individual skills and technique to achieve a competitive standard. The amount and frequency of aerobic development will increase within this stage.

Swimmers from this squad can potentially then be offered an opportunity to move into the CoCSC performance squads. If this opportunity is not taken up or offered, then a position in the Club squads will be offered to allow swimmers to continue their development and involvement with swimming.

With the Academy Programme, the coaching team will strive to provide the best possible environment, resources and knowledge for all swimmers to learn the fundamental skills to allow each swimmer the best opportunity to reach their long-term full potential.

All swimmers within the Academy squad structure will be between the ages of 7–11 years. The progression from the Academy through to the Performance programme will be based upon a collection of attributes, such as skill, performance, technique and enthusiasm to progress through the structure and develop competitively long-term, attendance at training sessions, behaviour and 100 and 200 IM times swum at time trials.

Progression through all Academy squads will be under the discretion of the squad coach and in agreement with the Head Coach.

Academy Skills List

Stroke	Skill
Freestyle	Breathe every 3 or 4 strokes No breathing on breakout No breathing last 5m to a finish 2–3 kicks off every wall
Backstroke	Head still with good understanding of body rotation 3 kicks or more off every wall (target breakout past the flags) Consistently perform a legal competitive turn at race pace Finish on back (count strokes to wall every time)
Breaststroke	Understanding the timing of the stroke Hold the underwater phase for 6 seconds (total) Use dolphin kick within the underwater phase every time Touch the turn and finish with 2 hands
Butterfly	Breathing every 2 strokes 3 kicks or more off every wall No breathing last 5m No breathing on break out Turn and finish with 2 hands
Starts	Perform a Legal Competitive Start at race pace on all 4 strokes with Competitive Legal Underwater phase. Swimmers must ensure they are in a STREAMLINE POSITION every wall (no excuses)

City of Cambridge Performance Squads



All swimmers within the Performance Programme must show the highest level of commitment at all times, with swimming being their primary activity and focus outside of their academic studies.

To enter or remain within the Performance Programme, specific demands and set criteria must be met and maintained throughout the season.

Swimmers' commitment, ability to train at the highest level, enthusiasm, determination, willingness to improve their technique to reach the highest possible level will need to be displayed in order to be a part of the Performance Programme.

The Performance Programme is made up of three squads:

Performance 3 (P3)

All swimmers will show an understanding of skills and technique required during both training and competition environments.

All swimmers should be competing at County Development level in their weaker events and achieving County Qualification in a wide variety of events. Swimmers should be looking towards gaining Regional qualification and competing at all Level 1, 2 & 3 meets that they qualify for that are set out by the coaching team in the competition schedule. All swimmers selected for team events will be expected to compete and should have dates placed in the diary at the earliest point to prevent conflict. Any swimmers withdrawing from selected-team meets without exceptional circumstances place their position within the next selection at risk and continuous withdrawals place their position within the Performance Programme in jeopardy.

Swimmers within in this squad must show the necessary level of commitment required to develop and progress at the necessary rate and allow the best opportunity to continue progression through the squad and to progress on to the next performance squad.

The minimum requirement will be attending 4 pool sessions including one morning session + 2 S&C session on a weekly basis, with the target of attending all 9.

All swimmers will show the required skill level and techniques required in both training and competition environments.

Performance 2 (P2)

Swimmers will be aiming to achieving Regional and National qualification in a variety of events. All swimmers must be attending the Level 1 & 2 meets selected by the coaching team and set out in the competition schedule. Any swimmers withdrawing from selected-team meets without exceptional circumstances place their position within the next selection at risk and continuous withdrawals place their position within the performance programme in jeopardy. All swimmers selected for team events will be expected to compete and should have dates placed in the diary at the earliest point to prevent conflict.

Swimmers must show a good application of skills and technique during both training and in race/competition environments. Swimmers should also have a high level of trainability and strive to achieve the standard required to reach the Top Squad level of the club.

Swimmers within this squad must show a high level of commitment. This will provide the swimmer the best opportunity to develop and progress at the necessary rate and allow the best opportunity to continue progression through the squad and eventually to the top Performance Squad.

The minimum requirement will be attending 5 pool sessions including 2 morning sessions + 2 S&C sessions on a weekly basis with the target of attending all 10.

A minimum of two land training sessions should be attended to compliment the training in the pool, as land training plays a vital role in building a swimmer's strength, power and assists in preventing injury, but also allows time for team building and full enjoyment of the club and squad they train with.

Performance 1 (P1)

All swimmers must be competing at minimum at a Regional level with the realistic target of making British/Home Nation (Nationals) Qualification.

Swimmers must have the highest level of commitment to achieve the high level of performance expected while also remembering they are role models for all younger athletes within the Performance and Academy squads.

All Swimmers must be at Level 1 & 2 meets set out by the coaching team on the competition schedule and in attendance at all selected-team meets they have been chosen for.

Swimmers must display the high display of skills and technique during both training and in race/competition environments, whilst being both physically and mentally mature enough to cope with the demands and expectations of the squad.

The minimum requirement will be 6 pool sessions, including 2 morning sessions + 2 S&C sessions on a weekly basis with target of attending all 12.

Regular squad review

The coaching team at CoCSC constantly monitors the attendance and progress of all our swimmers across each squad to ensure that they can maximise their potential and are in the correct squad that best suits their abilities and commitment to training.

Swimmers are under constant review with squad movements regularly taking place in September, January and April. All swimmers moving squad will be officially contacted by the club. Any clarification/questions regarding squad movements can be directed to the coaching team by email.

City of Cambridge Masters Squad



City of Cambridge Swimming Club has one of the biggest, and most successful Masters teams in the Country. We offer an elite, structured training environment for those who want to excel, compete at the highest level and share the social aspects of Masters swimming at the same time. CoCSC has two Masters squads (M1 & M2) and cater to a wide range of ages, abilities and levels of swimming experience.

We provide a fun, friendly and high-quality environment targeted at swimmers in full time work or University. There is no upper age limit on the CoCSC Masters Team, the only thing you need is a desire to compete and train towards your goals.

Our swimmers not only participate in swimming competitions, but they compete in open water, triathlons and Ironman competitions too. We have had swimmers from European record holders to pro Ironman athletes, CoCSC has a wide ability range of athletes competing at many levels.

As we are a competitive swim club we encourage our Masters athletes to represent CoCSC in at competitions through the season, ranging from local Masters galas all the way to the World Masters Championships. Though competing is not compulsory and we provide for swimmers who just enjoy the sport of swimming and training alongside like minded people.



To be successful at triathlon, you need a combination of fitness, and ideally a

City of Cambridge Club Squads



All squads and swimmers within the Club Programme will continue to have a structured training programme available to them to ensure they realise their full potential. The Club Programme offers the opportunity for swimmers to continue training and competing at their current level and progress towards their future level of development.

The programme also provides the opportunity for those swimmers who may have started their swimming career later than some to reach their full potential and, if capable and committed progress through to the Performance Programme at a later date.

Club 1 & Club 2

Swimmers within the Club 1 & 2 squads must show a basic level of commitment needed, in order to progress through the squads and maintain continuous development. We are a competitive swim club and we expect our athletes to represent CoCSC in a number of competitions.

Swimmers should be striving to achieve County qualifying times and entering the CoCSC Club Championships and Open meets.

City of Cambridge Para Squad

CoCSC is proud to have historically had a tradition of providing a fun, friendly and competitive environment for para swimmers. The club is the 'hub' club for disability swimming in south Cambridgeshire and is open to para swimmers aged 8 and over, including adults.

Our Para Squad has produced several national qualifiers, many of whom could not swim 25 metres when they joined. We have highly knowledgeable, experienced team of coaches who deliver a comprehensive and individualised training programme for all our members.



Both classified and unclassified swimmers swim within the squads and we pride ourselves on being inclusive for all. More than 10 of our swimmers have represented the club at the Disability Nationals and 4 at the British International Championships. The swimmers have previously won over 30 National medals, including 10 Golds. A squad member placed second on the world rankings and another represented GB in Moscow at the European Deaf Championships, breaking the 200m Backstroke British record.



City of Cambridge University Squad



The University team is a performance squad in its own right and is incorporated into the club structure with an assigned CoCSC coach.

With agreement from the Head and Assistant coach, the most committed athletes who are still wanting to compete at National and Regional level will be provided with the opportunity to supplement their University squad sessions with additional sessions alongside Performance squad.

The University training season and schedule primarily focuses on two main meets:

- BUCS (British University Championships) where swimmers compete as individuals
- The Varsity Match a team competition versus Oxford University

Outside of the University training schedule, swimmers focus on the schedule set by the coaching team for the CoCSC Performance Squad that works towards Arena, County, Regional and National level meets.



City of Cambridge Water-polo Club

The Water-polo Club has members who play in both local and BWPL (National) games. We have a well-established junior team that offers tailored Water-Polo training sessions to under 16's, as well as now offering a Women's only team again with individualized training.

The club welcomes beginners to try the sport, and those more experienced, for both training and playing in competitive games.

For more information visit:

Instagram: www.instagram.com/cambridge_waterpolo/

Facebook: <https://www.facebook.com/cityofcambridgewaterpolo/>

Email: Waterpolo@cocsc.org.uk



