

## Rising Stars Squad

Expected age range: 7 - 10

***Goal: Provide a fun introduction to the world of competitive swimming, develop skills and fitness***

### Introduction

This squad is for swimmers who:

- a) Want to continue their personal development;
- b) Can swim 25m or more on front crawl and backstroke without stopping, in accordance with ASA guidelines;
- c) Can swim 25m breaststroke with a good understanding of the stroke rules;
- d) Can complete 10m dolphin kick on their front with a float;
- e) Have the support of parents/guardians.

We welcome and encourage parent/guardian volunteers in numerous roles, including coaching/coach support, officiating, committee, team managing, home meet gala team and IT support.

**Entry into the Rising Stars Squad is by Fareham Nomads' Development Coach & Learn to Swim Co-ordinator's invitation only.**

### Objectives

The primary objective of this squad is:

- **To learn the skills and technique involved in swimming by developing each of the four strokes, as well as the core elements of body control, feel for the water and stable movement patterns**

All objectives of this squad are in line with the British Swimming's Long Term Athletic Development plan:

### **Stage 1 - FUNdamental**

The emphasis is on developing basic movement literacy and fundamental movement skills. The skills to be developed are the ABSs (Agility, Balance, Co-ordination, Speed). No periodisation will take place, but a well-structured programme with proper stroke and skill progression will be implemented.

### **Weekly Training Schedule**

For the latest weekly training schedule, please see the [Nomads website](#).

Additional sessions will be included where necessary.

## **Attendance**

There are 2 available sessions and swimmers are expected to attend a minimum of 1 session per week. Parents should note that to gain maximum benefit from the programme, swimmers need to be achieving an attendance of 2 sessions per week.

## **Competitions**

Swimmers are to compete at competitions directed by the Development and Rising Stars Coaches only. Development Squad swimmers are invited and actively encouraged to compete at Fareham Nomads' Club Championships, which are held over the winter cycle each year, at novice and fun galas and, if appropriate, at local Level 4 open meets.

## **Punctuality**






Swimmers should arrive punctually for training, ready to skip, mobilise and stretch at the designated time.



## **Squad fees**

Fees are payable monthly by standing order or recurring card payment.

## **Equipment**

At this level, swimmers are expected to have some of their own equipment. Swimmers should arrive punctually for training with the following equipment properly adjusted and in good working order prior to the start of each session. Please see recommended list below:

<b>Swim Equipment</b>		
<b>Mesh equipment bag</b>		Essential item for keeping all of your equipment together in one place.
<b>Goggles (2 pairs)</b>		Vital equipment for all swimmers! We recommend you have two pairs so you always have a spare pair with you, especially when competing. Prices vary tremendously from as little as £5 for a basic pair to well over £30 for a good racing pair. The important thing is to make sure they are properly adjusted and fit well.
<b>Pull buoy</b>		We use pull buoys to isolate the pull and maintain body alignment on some pull only sets. A small pull buoy is best for junior swimmers. Older swimmers may use a larger one. Please note we sometimes use pull buoys for kick sets also!
<b>Small kickboard</b>		Using a kickboard can increase/induce stress on the shoulders, upper and lower spine therefore it is therefore important to buy the right one. Younger swimmers should not use a large kickboard; our coaches always recommend all swimmers use small kickboards.
<b>Alternative small kickboard</b>		Finis have produced the Alignment Kickboard which sits just below the water surface and is said to improve streamline, body position and puts less pressure on the shoulders, upper and lower spine than a standard larger kickboard.

<b>Land Equipment</b>		
<b>Speed skipping rope</b>		Skipping can form part of your pre-pool warm up routine, costs range from as little as £5.
<b>700ml drink bottle</b>		Essential for ALL swimmers to remain hydrated, older swimmers should consider taking two drinks bottles to training to avoid missing training sets filling bottles.

**Additional equipment:**

- **Training:**
  - Nomads red swim hat
- **Competition:**
  - Nomads dark blue shirt

**David Terry, Club Coach**

ASA/UKCC L3 Senior Performance Coach

Fareham Nomads Swimming Club