

Senior Competitive Squad

Expected age range: 12+

Goal: Obtain Regional qualification times in more than one event; maintain County qualification times

Introduction

This squad is for swimmers who:

- a) Want to continue their personal development;
- b) Have already achieved County qualifying times;
- c) Seek a lower level of time commitment or are unable to fulfil the full training requirements of the Performance Squad either permanently or temporarily (e.g. because of injury);
- d) Still wish to pursue their sport in competition with distinction;
- e) Have the support of parents/guardians.

For swimmers in this squad, parents and guardians are EXPECTED to volunteer in at least one of the following roles: coaching/coach support, officiating, committee, team managing, home meet gala team and IT support.

Entry into the Senior Competitive Squad is by Fareham Nomads' Performance Coach invitation only.

Coaches: Performance Coach and Assistant ASA Level 2 and 3 Coaches

Objectives

The primary objective of this squad is:

- **To enable swimmers to train at a lower level of time commitment, competing at open meets and other competitions with distinction, allowing for movement to a full-time training programme should the swimmer fulfil the requirements and have the desire to do so**

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

Stage 4 – Training to Compete: Optimising the Engine!

A continued emphasis on physical conditioning, with the focus on maintaining high volume workloads but with increasing intensity, with a double or triple periodisation of the training year. The squad will focus on developing maximum strength gain through the use of land training, with continued work on core body strength and flexibility.

Stage 5 – Training to Win: Maximising the Engine!

The emphasis will be on specialisation and performance enhancement, with a double or triple periodisation of the training year. Swimmers' physical, technical, tactical, mental, and ancillary capacities should be fully established, with the focus now on optimisation of performance. Training will continue to develop strength, develop core body strength and maintain suppleness.

These objectives should enable senior swimmers to compete with distinction at the highest level.

Swimmers are expected to follow ALL aspects of the programme and to conduct themselves like a senior performance athlete in all aspects of their daily life.

Weekly Training Schedule

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

Please note that this is a basic weekly schedule. The programme is dynamic and is subject to change, particularly around the Christmas and summer holidays.

Additional sessions will be included where necessary and land training is subject to [cycle periodisation](#).

Senior Competitive Squad swimmers may be permitted to make up sessions with Masters Squad, however due to the age and ability of Senior Competitive Squad swimmers, they will NOT be permitted to make up sessions with junior squads.

Attendance

Senior Competitive Squad swimmers are expected to attend a minimum of 5 sessions per week to maintain competitive fitness, but no more than 7 sessions per week.

Application and Attitude

As stated above this squad is for those who wish to train at a lower level of time commitment to maintain their competitive fitness. It is NOT and WILL NOT be used as an Aquatic Youth/Social Club. Due to the frequency of training in Senior Competitive Squad, swimmers must apply themselves both physically and mentally to each and every training session with a positive professional attitude.

Competitions

Swimmers are to compete at competitions as directed by the Performance Coach only. These will typically be Level 3 and 4 open meets, with swimmers also being expected to achieve and maintain County qualification times.

Punctuality









At this level, swimmers should arrive punctually for training and should be enthusiastic to do so. Swimmers should aim to complete each and every set session (especially morning sessions) and arrange transport to enable them to do so.

Squad fees


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

Equipment

At this level, swimmers are expected to have 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:

Swim Equipment		
Mesh equipment bag		Essential item for keeping all of your equipment together in one place.
Goggles (2 pairs)		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.
Pull buoy		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!
Short training fins		We recommend short training fins. Fins that have an ankle strap allow for greater flexibility. Please avoid very stiff heavy fins, longer fins, especially with our younger swimmers.
Swimmer's snorkel		A snorkel is an excellent piece of training equipment as it allows swimmers to focus on technique without worrying about their breathing. It encourages correct body alignment and a still head, snorkels are also ideal for kick sets in a streamlined position.
Nose clip (optional)		Many swimmers find they need a nose clip to use with their snorkels, especially for the younger swimmer learning to use a snorkel.
Small kickboard		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.
Alternative small kickboard		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.
Hand paddles with straps		Strapped hand paddles create resistance in the water. They have holes in them which increase sensitivity and help swimmers develop a feel for the water. For youth and senior swimmers, the added resistance helps to develop strength and power. It is important to buy the right size. Under 15 years should buy small paddles only or finger paddles; remember the larger the paddle the greater the resistance and therefore impact on your shoulder (front cuff rotators).

Swim Equipment

Ankle band		<p>An ankle band ensures proper isolation of the upper body for pull sets, ensuring greater use of upper body and core muscles are engaged to maintain correct body alignment. Remember pull sets conducted without an ankle band are 'assisted swim sets only'.</p>
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Land Equipment

Roll / Yoga mat		<p>Essential for Land Training, but may also be used for pre-pool work and post swim stretching. (Please note Fareham Leisure Centre studios do have yoga mats available for use.)</p>
Speed skipping rope		<p>Skipping can form part of your pre-pool warm up routine, costs range from as little as £5.</p>
Resistance bands (therabands)		<p>These may be used in land training and can be used as part of the pre-pool and post-pool routines as well as medial and remedial work.</p>
Light dumbbells		<p>These may be used in our land training programme. For our more experienced youth/senior swimmers we recommend 1.25-4.0kg.</p>
700ml drink bottle		<p>Essential for ALL swimmers to remain hydrated, older swimmers should consider taking two drinks bottles to training to avoid missing training sets filling bottles.</p>

Additional equipment:

- Training:
 - Nomads red swim hat
- Competition:
 - Racing costume or trunks, to be worn in races only
 - Training costume or trunks to be worn in warm-up and swim down
 - Nomads dark blue shirt

David Terry, Club Coach

ASA/UKCC L3 Senior Performance Coach

Fareham Nomads Swimming Club