



A SQUAD

Purpose:

To compete at the highest level with total commitment to an agreed training program with the Squad coaches. Athletes and coaches will target Senior British Championships (Trials), International Teams, British Summer Championships and Swim England National Championships and Meets.

Entrance Criteria:

Typical Age

- Squad 1 Performance: 15 positions are available for athletes typically aged 16 and above (age as of the end of the year, in which the season culminates).
- Squad 2 National: 18 positions are available for athletes typically aged 13 and above (age as of the end of the year, in which the season culminates).

Performance Level:

- 1st - 44th in the British Rankings for a Long Course (50m Pool) Olympic Events from 100m up to 400m (100m Free, Back, Breast, Fly, 200m IM, Free, Back, Breast, Fly, 400m Free and 400m IM in your age category. (Age on 31st December).
- 1st to 33rd in the British Rankings for a Long Course 800m or 1500m in your age category (Age on 31st December).
- If the above criteria do not fill positions, further positions will be offered for athletes who are ranked in the top 100 for a Long Course Olympic Event between 100m and 400m, or the Top 70 in 800m/1500m)
- If the above criteria do not fill positions, further positions will be filled by the top 8 at the Summer Regional Championships.
- Athletes that constantly demonstrate exceptional training ability, and coachability and show future potential may be considered at the coach's discretion.

Performance Skills

- Athletes will be assessed on their ability to be coached, offer feedback and work in partnership with coaches to develop and enjoy the journey.
- Attributes from the British Swimming Optimal Athlete Development Framework will be assessed before entry into the squad is granted.

Equipment Required:

- Water Bottles x 2 filled prior to the session.
- Skipping Rope & resistance band
- Sports clothing (club kit) and sports trainers for every session
- Kickboard, Pull Buoy
- Training hand paddles, for strength training
- Short Fins and Speed Fins
- Snorkel
- Finis Tempo Trainer (when advised)
- Heart Rate Monitor Polar OH1 (when advised)



- Lactate Pro Testing Machine (when advised)

Squad Personnel

Performance Squad 1 Lead Coach:	Barry Alldrick
National Squad 2 Lead Coach:	Jan Hutchings
Performance Squad Strength and Conditioning Coach:	Barry Alldrick
Strength & Conditioning Coach National:	Colette Batten
Squad Co-ordinator (Parent Liaison):	Tracy Hemmings
Support Coaches:	Phil Looker Mike Smith

Squad Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wed AM	Thursday AM	Friday AM	Saturday AM
Home Plan and Prepare Equipment, Travel and goals for the training week ahead	Talbot Heath Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.10	Talbot Heath Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.10		Talbot Heath Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.10	Stretch and Flexibility at Home	Talbot Heath Pre-Pool: 05.20-05.30 Pool: 05.30-08.00 S & C 08.10-08.55
Sunday PM	Monday PM	Tuesday PM	Wed PM	Thursday PM	Friday PM	Saturday PM
	Talbot Heath Pre-Pool: 16.50-17.00 Pool: 17.00-19.30 Post Pool 19.30-19.40	Talbot Heath S & C 17.25-18.25 Swim 18.30-20.00	Home Stretch Roll Massage Plan Races For Meets	Talbot Heath S & C 17.25-18.25 Swim 18.30-20.00	Talbot Heath Pre-Pool: 16.50-17.00 Pool: 17.00-19.00 Post Pool 19.00-19.10	

- Pre-Pool is a time when the athlete can physically prepare for the session ahead through mobility and activation exercises.
- Post Pool is a time when the athlete can regenerate and begin the recovery process through eating, drinking, stretching,



Recovery Massage or Injury Management

For Recovery or Injury management, the club use Corinne McCrea of Holistic Sports Therapy and Massage, details can be found on the Poole Swimming Club Website.

Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into a Swim England Performance Centre or British Swimming National Centre, University or Senior programme.
- Unable to attain the performance level & profile, training, or competitive commitment of the squad for whatever reason. In this instance, places will be offered in alternative academies.

A Typical Season's Competition and Camp Expectations

Month	Meet	Event
October	Open Meet- Short Course Short Course Training Camp	Arena League
November	South West Short Course Champs Open Meet	Arena League
December	End of Cycle Meet or Swim England Winter Nationals	Arena League
January	Open Meet- Long Course	County Champs
February	Long Course Training Camp Long Course Event	County Champs
March	Open Meet- Long Course	
April	End of Cycle Meet or British Summer Champs	
May	SW Regional Champs Long Course Mini- Camp	
June	Long Course Open Meet/ Camp	
July	End-of-Season Meet British Summer Champs	Swim England Nationals National Open Water Champs