



B Squad

Purpose:

To attain qualifying and compete at Swim England South-West Region Championships or Swim England National Summer Meet, with total commitment to an agreed training program with the Squad Coaches

Entrance Criteria:

Typical Age

- 40 positions are available for athletes typically aged 11 and above (age at the end of the year (December 31st) when the season finishes (August).

Performance Level:

- To have finished in the top 8 positions at the Swim England South-West Regional Championships in the previous season in events over 100m.
- Earned Swim England South-West Region Qualifying times in events over 100m.
- Earned Swim England South-West Region Consideration times in events over 100m.
- If the above criteria do not fill positions, further positions will be offered for athletes who finished in the Top 8 at the Dorset ASA County Championships in events over 100m.
- Athletes should be able to complete a training set of 30 x 100's Freestyle off a 1.35 Turnaround Time for Squad 1, or 20 x 100's Freestyle off a 1.40 Turnaround Time for Squad 2.

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
- Tempo Trainer (when advised)
- Heart Rate Monitor Polar OH1 (when advised)
- Foam Roller (Post pool exercises)



B Squad Personnel

B Squad Lead Coach:	Chris Neilson
Strength & Conditioning Coach:	Colette Batten
Squad Co-Ordinator/ Parent Liaison:	Dave Palmer
Support Coaches:	Mike Smith/ Rob Richman

Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Plan and Prepare Equipment, Travel and goals for the training week ahead	Canford Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.15		Talbot Heath Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.15		Canford Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.15	Rossmore Pre-Pool: 05:45-06.00 Pool: 06.00-07.30 S & C: 07.30-08.30
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
		Talbot Heath Pool 17.10-18.25 S & C 18.35-19.35	Talbot Heath Pre-Pool: 16.45-17.00 Pool: 17.00-19.00 Post Pool: 19.00-19.10	Talbot Heath Pool 17.10-18.25 S & C 18.35-19.35		

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

Exit Criteria and Pathway

- Progression into the Poole Swimming Club A Squad when an athlete has achieved the Performance Level for A Squad.
- If, athletes are unable to attain the performance level & profile, training, or competitive commitment of the squad for whatever reason, then a position will be offered in our Youth, Master's or University squads to continue developing/



A Typical Season's Competition and Camp Expectations

- Short Course Racing is From September to February (25m Pools). Long Course Racing from February to August (50m Pools)

Month	Meet	Event
October	Open Meet- Short Course Short Course Training Camp	Arena League
November	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 Open Meet	County Champs
March	Open Meet- Short Course Open Meet- Long Course	Long Course Training Session
April	Open Meet- Long Course SW Regional Champs	Long Course Training Camp
May	SW Regional Champs	National Junior League
June	Long Course Open Meet	National Junior League
July	Long Course End of Season Meet British Summer Champs	National Junior League
August	Swim England Summer Meet	