



C Squad

Purpose:

To gain consideration times for the South West Region Championships, and qualifying times in a range of events and distances and compete at the Dorset ASA (Amateur Swimming Association) County Championships, meeting the minimum commitment of 4 training sessions per week.

For the first half of the season (Sept to Feb) athletes will be encouraged to compete in Short Course (25m Pool races) culminating in the County Championships. Following the Dorset Championships from February to August, athletes will be encouraged to race both Short-Course (25m Pool) and Long Course (50m Pool), and in some cases qualify for the Swim England Southwest Championships.

Entrance Criteria:

Typical Age

- Squad 1: 48 positions are available for athletes typically aged 10 to 18 (age at end of the year (December 31st) when the season finishes (August).

Performance Level:

- Top 8 finish at the Dorset County ASA Championships in the previous season in an event between 200m and 1500m in your age category (age as of 31st December).
- Earned Dorset County ASA qualifying times in an event 200m to 1500m in your age category (age as of 31st December)
- Earned Dorset County ASA consideration times in an event between 200m and 1500m in your age category (age as of 31st December)
- If the above criteria do not fill positions, further positions will be offered for athletes who have earned 4 Poole Swimming Club Pace Achievement Standard A times in events (which must include 200m Free and 200m IM). See Page 4

Equipment Required:

- Water Bottles x 2 filled prior to 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
- Snorkel



Squad Personnel

C Squad Lead Coach:	Jacob Dunning
Strength and Conditioning Coach:	Phil Looker
Squad Co-ordinator (Parent Liaison):	Danielle Pittwood
Support Coaches:	Phil Looker
	Marie Escott
	Louis Dunning

Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
					Talbot Heath Pre-Pool 05.20-05.30 Pool 05.30-07.00 Post Pool: 07.00-07.10	Talbot Heath Strength & Conditioning 07.00-08.00 Pool: 08.00-09.30 Post Pool 09.30-09.40
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Talbot Heath Pre-Pool 17.50-18.00 Pool 18.00-20.00 Post Pool 20.00-20.10	Talbot Heath Pre-Pool 19.20-19.30 Pool 19.30-20.30 Post Pool <i>Stretch at Home</i>		Talbot Heath Pre-Pool 18.50-19.00 Pool 19.00-20.30 Post Pool <i>Stretch at Home</i>			Plan and Prepare Equipment, Travel and goals for the training week ahead

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



Exit Criteria and Pathway

- Progression into the Poole Swimming Club B Squad when an athlete has required the expected attendance consistently, demonstrated a consistently positive attitude to learning and competing and achieved Swim England Southwest Regional Qualification or Consideration times in their age group.
- 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 the Junior Club, Youth Competition or Masters squads to continue development.

A Typical Season's Competition and Camp Expectations

Month	Meet
September	
October	Open Meet- Short Course
November	Open Meet- Short Course
December	Open Meet – Short Course
January	County Champs
February	County Champs
March	Open Meet- Short Course
April	Open Meet – Long Course
May	Open Meet – Long Course
June	Club Championships
July	County Development Meet (Short Course) End of Season Meet – Long Course



Dorset Qualifying Times Can be found on the Dorset ASA Website www.dorsetasa.org

Swim England South-West Qualifying Times can be found on the Swim England South West Website:
www.swimwest.org.uk

Poole Swimming Club Speed Awards

EVENT	A	B	C
50m Freestyle	00:40.08	00:44.09	00:48.50
100m Freestyle	01:25.82	01:34.40	01:43.84
200m Freestyle	03:04.69	03:23.16	03:43.47
400m Freestyle	06:24.62	07:03.08	07:45.38
50m Backstroke	00:45.40	00:49.94	00:54.93
100m Backstroke	01:40.07	01:50.07	02:01.08
200m Backstroke	03:33.32	03:54.66	04:18.12
50m Breaststroke	00:50.82	00:55.90	01:01.49
100m Breaststroke	01:54.22	02:05.65	02:18.21
200m Breaststroke	04:04.90	04:29.39	04:56.33
50m Butterfly	00:43.78	00:48.16	00:52.97
100m Butterfly	01:39.70	01:49.67	02:00.64
200m Butterfly	03:38.65	04:00.51	04:24.56
100m IM	01:39.79	01:49.77	02:00.75
200m IM	03:28.59	03:49.45	04:12.40