

SQUAD HANDBOOK & CRITERIA

HEAD COACH – BEN HATCHETT

DURHAM CITY AMATEUR SWIMMING & WATER POLO CLUB



DURHAM CITY

Amateur Swimming & Water Polo Club



MISSION STATEMENT

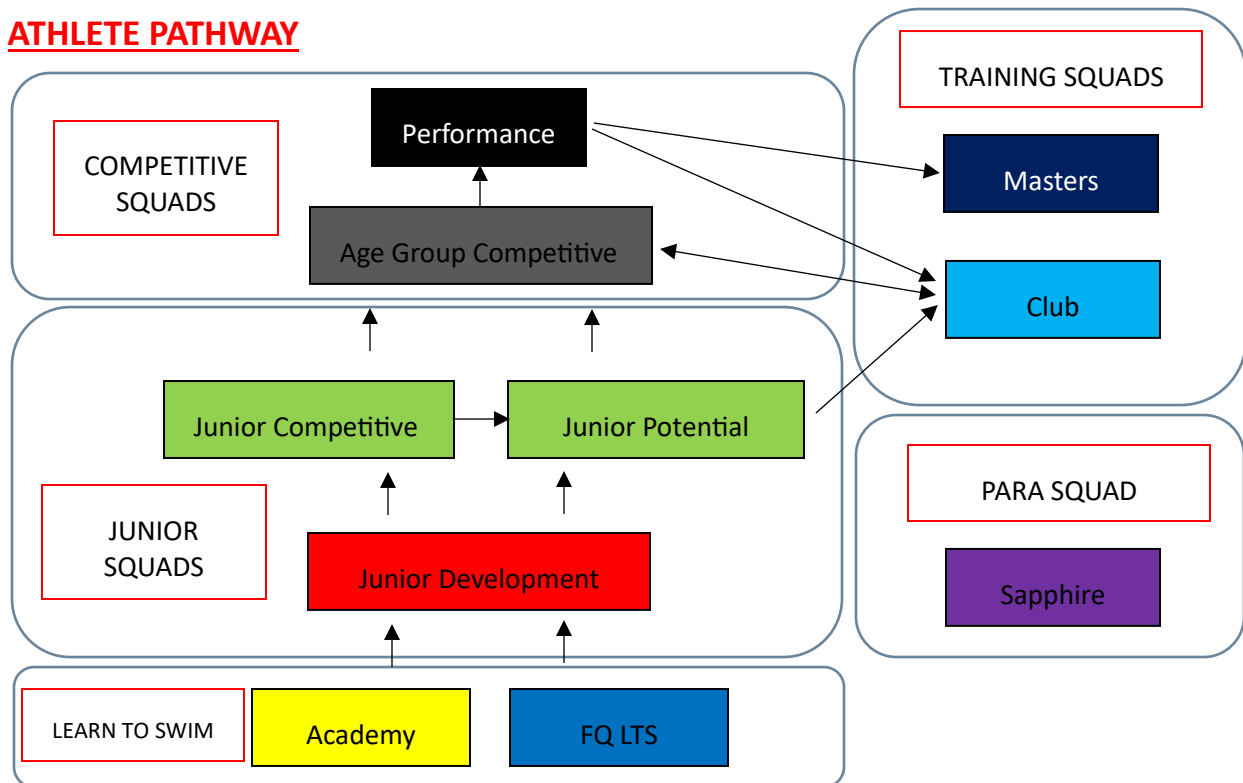
To be a nationally recognised swimming club and the swimming club of choice in County Durham by excelling in Performance, Training and Development of our Members, Coaches and Volunteers.

SQUAD STRUCTURE

Durham City ASC provides a comprehensive pathway from Beginners (NPTS Stage 1), through our Academy Groups into our Junior and Competitive Squads which currently compete at National Standard. Within this we have our swimmer development pathway that considers all elements of the British Swimming Long Term Athlete Development (LTAD) Model as well as the following:

- Overall Club Numbers
- Squad Capacity
- Number of Swimmers at a given Standard
- Pool Space and Availability

ATHLETE PATHWAY





DURHAM CITY

Amateur Swimming & Water Polo Club



COMPETITIVE SQUADS

- Performance
- Age Group Competitive

These squads will provide athletes with the highest quality training and multi-disciplinary support that is required to be a long-term success in competitive swimming. Athletes will be required to be very disciplined, highly motivated and demonstrate full commitment to the program; targeting County, Regional and National meets during their development. Athletes in these squads are identified by the coaching staff to be potential successes in high level competition and will undertake specific training (as outlined by the coach) to reach full athletic potential.

JUNIOR SQUADS

- Junior Competitive (8-11yrs) & Potential (12yrs+)
- Junior Development

These squads will provide athletes with tailored training and support that will improve the necessary stroke and technical skills which are required to be competitive during training and racing. Athletes will have an emphasis on quality of technique and skills (starts, turns, underwater phases and finishes). Athletes will be required to be committed and be able to apply themselves to instruction given by the coaching staff. These squads will be targeting participation in Club, Junior League, Local and ultimately County competitions. Athletes in this squad should be looking to constantly improve on skills, technique and performance and if ready, be considered for the Competitive Squads.

ACADEMY GROUPS

The Academy Groups will have all 7 stages and be based on the National Plan for Teaching Swimming (NPTS):

- Sharks (Stage 7)
- Dolphins (Stage 7)
- Otters (Stage 5)
- Eels (Stage 4)
- Tadpoles (Stages 1-3)

These groups will look at the basic aquatic development of individuals in a structured and fun environment. Swimmers are required to consistently achieve all learning objectives before being considered for promotion.

Further details on what swimmers will be working towards in each stage can be found on the ASA (Amateur Swimming Association) website: <http://www.swimming.org/asa/teaching-and-coaching/asa-learn-to-swim-framework/>



DURHAM CITY

Amateur Swimming & Water Polo Club



TRAINING SQUADS

The Training Squads will comprise of the following

- Club
- Masters

These squads will provide structured training and support for athletes that want to train mainly for fitness and possibly compete. Athletes in these squads will be introduced to all aspects of training i.e. Aerobic, Anaerobic and Speed work and will be challenged to reach their personal goals and targets. Athletes in these squads can move into the Competitive Squads if they meet the criteria as outlined by the Head Coach.

PARA SQUAD

- Sapphire

Swimmers that have been classified by British Swimming will be placed in the most appropriate Competitive, Development or Training Squad along with an additional session(s) available with Sapphire Squad. Swimmers that fall under the MENCAP umbrella will be offered a place in the Sapphire Squad, in which they will receive the required close attention to be a successful competitive swimmer in their classification.



DURHAM CITY

Amateur Swimming & Water Polo Club



SQUAD COORDINATORS

Performance -	performance@dcasc.org.uk
Age Group Competitive -	agc@dcasc.org.uk
Junior Competitive -	j.comp@dcasc.org.uk
Junior Potential -	j.pot@dcasc.org.uk
Junior Development -	j.dev@dcasc.org.uk
Club -	club@dcasc.org.uk
Masters -	masters@dcasc.org.uk
Academy -	academy@dcasc.org.uk
Sapphire -	sapphire@dcasc.org.uk

COMMUNICATION

Communication is a key element in building a successful relationship between athlete, coach and parent/guardian. If a swimmer is unable to attend a session due to illness, injury or for any other reason please inform their Squad Coordinator so this can be recorded appropriately. If an athlete or parent/guardian has an issue relating to their involvement in the Club then it is important that they raise this with the Squad Coordinator or Head Coach in order that it can be addressed. We all need to work together to create an environment where the athlete can develop to their full potential.

LIVE DOCUMENT

Please note, this is a live document and is subject to change at any time with reviews of this document on an annual basis.

SQUAD CRITERIA		PERFORMANCE			AGE GROUP COMPETITIVE			JUNIOR COMPETITIVE & POTENTIAL		JUNIOR DEVELOPMENT
Age		11yrs+			10yrs+			8 to 11yrs (Competitive) 12yrs+ (Potential)		7yrs+
Sessions Available		8 Sessions			6 Sessions			5 Sessions		3 Sessions
Pool Hours Available		13.5			10.25			6.25		3
Pre-Pool / Land Hours		3.5			2			0.5		0.5
Total		17 Hours			12.25 Hours			6.75 Hours		3.5 Hours
Working Towards		Regional Finals & National Qualifying			County Finals & Regional Qualifying			County Qualifying		Development Competitions (50m Events & 100 IM)
Entry Criteria	Ability	400 IM (with sound technique & skills) <ul style="list-style-type: none"> - Track Start -> 13-15m UW - Touch Turns - Tumble Turns - UWPhases 5 UWFKs on FLY/BK/FR 8m UWPhase on BR Land Exercises (with sound tech) <ul style="list-style-type: none"> - 20x Overhead (barbell) Squats - 30 Press Ups - 30 V-Sits - 1min Plank 			200 IM (with effective technique & skills) <ul style="list-style-type: none"> - Track Start -> 8 UWFKs - Touch Turns - Tumble Turns - UWPhases 5 UWFKs on FLY/BK/FR 6m UWPhase on BR Land Exercises (with sound tech) <ul style="list-style-type: none"> - 20x Streamlined Squats - 20 Press Ups - 20 V-Sits - 45s Plank 			Passed Stage 8 of the NPTS, to include below: 100 IM (with competent technique & skills) <ul style="list-style-type: none"> - Grab Start -> 5 UWFKs - Touch Turns - Tumble Turns - UWPhases Feet Past Flags on BK/FR Legal UWPhase on BR (passing flags) Land Exercises (with sound tech) <ul style="list-style-type: none"> - 10x Bodyweight Squats - 10 Press Ups - 10 V-Sits - 30s Plank 		Passed Stage 7 of the NPTS, as below: <ul style="list-style-type: none"> - Be able to swim 25m on <u>ALL</u> 4 strokes* - Be able to demonstrate effective push and glides - Perform a movement sequence lasting one minute in a group of 3 or more - Perform a sitting dive or dive - Push and glide and swim 50m continuously on 1 stroke* - Push and glide and swim 100m continuously using 3 different strokes* - Tread water for 30seconds - Complete an obstacle course *to Swim England standard
	Attitude	Demonstrate a professional mindset			Demonstrate a competitive mindset			Demonstrate a positive mindset		Demonstrate a good attitude
	Application	Proactive towards improvement Engagement with additional offers (long course training, camps, away meets and education)			Listens to an applies coaching points Engagement with additional offers (long course training, camps and workshops)			Listens to and applies coaching points Engagement with additional offers (long course training and workshops)		Good listener and trainer with attention to detail
	Attendance	Regularly achieving recommended number of sessions in AGC. Competition attendance must meet the calendar as outlined by coaching staff			Regularly achieving recommended number of sessions in J-Comp/J-Pot. Competition attendance must meet 75% of external competitions			Regularly achieving recommended number of sessions in J-Dev. Must have competed in multiple external competitions		Regularly attending Academy or LTS sessions Competed in internal club galas (ideal <u>not</u> essential)
Commitment Criteria (Attendance)	Month %	85% of Monthly Hours:			85% of Monthly Hours:			75% of:		75% of:
	Age	13yrs+	12yrs	11yrs	12yrs+	11yrs	10yrs	11yrs+	10yrs & Under	7yrs+
	Sessions:	8	7	6	6 (+1)	6	5	4 (+ 1 morning)	4	3
	Meets	As per calendar			As per calendar			75% of external competitions		Competing in Internal & External Galas



DURHAM CITY

Amateur Swimming & Water Polo Club



SQUAD CRITERIA		CLUB	MASTERS	SAPPHIRE
Age		11 to 18yrs	18yrs+	ALL AGES
Sessions Available		3	3	2
Pool Hours		3	3	2
Working Towards		General Fitness and Competitions	County, Regional & National Competitions	County, Regional & National Competitions
Entry Criteria	Ability	Passed Stage 9 of the NPTS, to include below: 100 IM (with competent technique & skills) <ul style="list-style-type: none">- Grab Start -> 5 UWFKs- Touch Turns- Tumble Turns- UWPhases Feet Past Flags on BK/FR Legal UWPhase on BR (passing flags)	Must be able to swim 100m in at least 3 strokes.	Must demonstrate competent stroke and skills
	Attitude	Demonstrate a positive mindset	Demonstrate a positive mindset	Demonstrate a positive mindset
	Application	Listens to and applies coaching points	Listens to and applies coaching points	Listens to and applies coaching points
	Attendance			