



SPBSCC

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COACHING PROGRAMME UPDATE 2010

To be read in conjunction with specific squad criteria

We are at the end of our very first year as a competitive swimming club and while we celebrate our successes during the past session, we should also look forward and enhance our organisation and structure to meet our stated objective of being an “*open and competitive club*”. As a result we will, in the next phase, be stressing the importance of our collective goals and how to achieve them. We want to create transparent and well-understood “pathways” along which swimmers can progress. We look to you, our members, for your support and ask you to join us in achieving swimming and sporting excellence.

The changes made have been the result of much thought over the direction and ethos of the club as a competitive yet open organisation. Additionally attendance figures and statistics which show either the over-, or under-utilization of pool time, have also played a large role in informing the decisions to allocate new training times to various squads. Furthermore initial feedback from the proposed timetable as discussed at the AGM on 10 June indicated that a large proportion of the club would be sad to see the loss of a mid week session for the Club squad at the Boys' school. This has now been rectified and is reflected in the final timetable for September.

In light of the reasons above, the following FINAL changes to the training schedule, will now be effective from the **1 September 2010**.

Junior Academy and Academy Squads

The structure of these two squads remains largely unchanged and most of the existing squad swimmers and all those moved recently will initially be unaffected. The only change here is to lower the leaving age from the Academy to 11. This will allow committed swimmers to progress into the performance squads sooner.

Junior Competition

This squad will be replaced and reorganised under the umbrella of “performance squads.”

This structure will be made up of two squads: **County** and **Regional**.

Swimmers of 9 years and upwards are invited to join these squads, based upon meeting the following criteria:

- Achieving 200m qualifying times
- Showing a commitment and willingness to adhere to the High Performance training philosophy
- Attending the required squad training hours

Club Squad

The Club Squad will be renamed and repositioned as **Competitive Development**.

This squad is for those swimmers from the Academy, County and Regional squads, for whom, in terms of commitment, swimming has become lower on their list of priorities.



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Senior Competition and Masters Squad

This squad will remain largely unchanged but will be expanded to include swimmers of 17-years-old.

Moving forward

We appreciate that initially not all swimmers will automatically meet the new criteria set for the squad in which they are placed. However going forwards it is hoped that they will be able to reach the stated squad-qualifying times **and gradually adhere to the rest of the criteria by 31 August 2011.**

Initially coaches will place swimmers in the squads according to the new set criteria, but also in consideration of performance in training, and competition results over the past season. As soon as a swimmer has achieved the transparent criteria for a squad change, he/she and his/her parents will be contacted to discuss with the coaches any issues or concerns regarding the proposed change in squad.

Swimmers will be assigned to their new squads from September 2010 on the following basis:

JUNIOR ACADEMY

The criteria for this squad will take effect immediately. There should be little change in timing or commitment required of this squad. Trials will be held depending on demand and available space in the squad.

ACADEMY

TIME: Not required to meet any specific time criteria.

AGE: 9 to 11

COMMITMENT: 3 x pool sessions and 1 stretching session a week

OTHER CONSIDERATIONS:

Past attendance, attitude, number of competitions swum since joining, and ambitions

COMPETITIVE DEVELOPMENT

The Club Squad has been renamed **COMPETITIVE DEVELOPMENT** to create a more competitive structure. Current Club squad swimmers of 17 years and older will join the Senior Competition and Masters Squad. Swimmers from both the Academy and current Junior Competition Squads whose attendance has fallen below 50% may also join this squad.

1. **TIME:** Not required to meet any specific time criteria
2. **AGE:** 11 to 16
3. **COMMITMENT**
 - Competing in leagues and galas for SPBSC when required
 - No minimum number of sessions are stipulated



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COUNTY

1. **TIME:**

Talented swimmers from the Academy and current Junior Competition Squads who have achieved (or are near to achieving) Surrey County qualifying times but who cannot commit to the high-level training and attendance required in the new Regional Squad.

2. **AGE:** 9 to13

3. **COMMITMENT:** Attendance record of at least 50% if coming from the Academy or Junior Squads.

REGIONAL

1. **Time:** County and Regional qualifiers (or swimmers near to qualifying times in any distance) who can commit to the high-level training and attendance required in this new Squad.

2. **AGE:** 10 to 17

3. **COMMITMENT:** Competing regularly at galas and leagues. An attendance record of more than 50% of available sessions required.

Proposed phasing of New Programme

Phase 1: July 12, 2010 – September 2010

By July 12, Swimmers will be contacted individually by the coaching team, and informed of which squad they will be placed into for September.

Phase 2: Sept 2010 – June 2011

Swimmers monitored, assessed and encouraged to reach personal goals and squad criteria times

Phase 3: June 2011 – September 2011

Review of swimmers following County Championships in March, and Regional Championships in June

Phase 4: September 2011

New squad structure and criteria in full operation

Coaching set up

Please join us in congratulating Martin on his appointment to the position of Head Age Group Coach. In his new role, Martin will take responsibility for the strategy and leadership of all age group squads with the exception of the Seniors' and Masters' squad which will remain under the experienced eye of Tony Pearce. Martin's appointment will play a vital role in the future direction of the club and the control of the swimming standards among all members under 17.

As an outstanding and dedicated coach, Romilly Hunt's expertise and experience of swimming at the highest level has been an invaluable asset to the club in its first year of operation. It is with regret that the new timetable will sadly mean that Romilly will now be unable to fit the new schedule around his already significant existing commitments to Bute House Swimming. His presence, knowledge, and all-round positive nature will be greatly missed by everyone at the club.

Romilly's shoes will be extremely hard ones to fill, and as a result the club is now in the process of actively seeking two new coaches to lead the Junior Academy and County squads from September. An advert will be placed on the Swimming.org website: <http://www.swimming.org/britishswimming/vacancies> and also in the August issue of the Swimming times which is released on July 15th.