

JUNIOR COUNTY POTENTIAL SQUAD – Code of Conduct

INTRODUCTION:

This squad is for swimmers who:

1. Are able to swim 4 x 100m FC with a Turn Around Time of 2mins 45 seconds.
2. Are able to swim 3 x 100m Ind Medley with 30 seconds rest to ASA Law.
3. Wish to pursue their sport to County Level and above.
4. Have the desire to continue their personal development
5. Have the support of parents/guardians.
6. Agree to and adhere to the squad Code of Conduct.

Entry into JUNIOR COUNTY POTENTIAL SQUAD is by Head Coach invitation only.

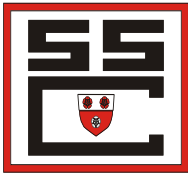
COACHES: OLIVER DREW, ARTHUR LAWLOR, JAKE HOWES

OBJECTIVES:

The objective of this squad are in line with the ASA Long Term Athletic Development plan:

- **Stage 2 – SwimSkills: Building technique!**
- Focusing on the young swimmer - learning how to train and develop skills of the sport. Learning basic technical/tactical skills and ancillary capacities, including the following :
 - i. Develop and improve Stroke technique on all four competitive strokes.
 - ii. Learn basic stroke drill progressions of all four competitive strokes.
 - iii. Practice IM swimming sets.
 - iv. Learn and perfect starts, turns, and finishes on all four competitive strokes and IM turns.
 - v. Learn perfect relay takeovers.
 - vi. Independently monitor training by using the pace clock.
 - vii. Complete a well-balanced training programme that includes varied pace swims, basic swimming speed, pacing, and overdistance swims.
 - viii. Learn the rules of the sport.
 - ix. Increase the distance covered in training sessions to improve endurance.
 - x. Participate in club time trials, performing a variety of strokes and distances.
 - xi. Participate in local meets, galas at a relevant level.
 - xii. Learn and practice basic stretching and basic body-weight exercises including core strength work.
 - xiii. Take responsibility for training equipment required at each training session (see list below).
- **If insufficient time is devoted to training Stages 2 then it is highly unlikely the young swimmer will reach their full potential.**

Swimmers are expected to follow ALL aspects of the programme.



Junior County Potential Squad

BASIC WEEKLY TRAINING SCHEDULE

AM	SUN	MON	TUE	WED	THU	FRI	SAT
TIME			5:30 – 7:30		5:30 – 7:30		7:00 - 9:00
VENUE			The Quays		The Quays		The Quays
LAND WORK			5:30-6:25am Land Training Programme (Studio)		5:30-6:25am Land Training Programme (Studio)		7:00-7:15am Skipping, Mobility, Flexibility (Pool side)
POOL			6:30-7:30am SWIM		6:30-7:30am SWIM		7:15-9:00am SWIM
PM.	SUN	MON	TUE	WED	THU	FRI	SAT
		5:30 - 7:00	5:45 - 7:30		4:00 - 6:00	3:45-6:15	
VENUE		The Quays	The Quays		The Quays	The Quays	
LAND WORK		5:30-6:00pm ABS & Light Dumbbells (0.5kg-1.0kg) (Pool side)	5:45-6:00pm Land Training Programme (Pool side)		4:00-4:30pm ABS & Light Dumbbells (0.5kg-1.0kg) (Pool side)	3:45-4:15pm Land Training Programme (Pool side)	
POOL		6:00-7:00pm SWIM	6:00-7:30pm SWIM		4:30-6:00pm SWIM	4:15-6:15pm SWIM	

- Please note that above is a Basic Weekly Schedule, as the programme is dynamic swimmers/parents are to check the notice board for actual weekly schedule.
- Additional sessions will be included where necessary and Land Training subject to Cycle Periodisation.

Attendance

There are seven available sessions and swimmers are expected to attend a minimum of 5 sessions per week with 2 early mornings, one of which may be Saturday morning. Swimmers should note that to gain maximum benefit from the programme they need to be achieving an attendance figure of 85% or more.

Morning Training Sessions

To enable progression competitive swimmers need to adapt to competing hard and fast during morning heats. To permit adaptation swimmers should make every effort to attend morning sessions backing the morning session up with the evening session (when finals tend to be held).

Application & Attitude

As stated above this squad is for those who wish to achieve Hampshire County Level swimming. Swimmers must understand that competitive swimming is a Training Orientated Sport, JUNIOR COUNTY POTENTIAL SQUAD swimmers must apply themselves to each and every training session with a positive 'Can Do' attitude.

Competitions

Each training cycle will be meticulously planned by the Head Coach and the Squad Coach. Throughout each planned training cycle there will be a TARGET MEET (s) (licensed by the ASA), which forms the final Mesocycle(s) for that particular training cycle. To needlessly compete outside the final Mesocycle will result in a break to the set programme, which in experience has led to poor performance and a often a demoralized swimmer, competing outside the programme undermines the work set by the Head Coach and is discouraged. Swimmers are to compete at competitions directed by Head Coach and Squad Coach only.

Punctuality

Swimmers should arrive punctually for training and should be enthusiastic to do so. Swimmers should aim to complete each and every session (especially morning sessions) and arrange transport to enable them to do so.

Squad Fees

Fees are payable monthly by standing order.

Equipment

At this level, swimmers are expected to have their own equipment. Swimmers should arrive punctually for training with the following equipment properly adjusted and in good working order prior to the start of each session.

Training Equipment:

- Swimming costume or trunks
- Drag Pants
- Towel
- Goggles (preferably 2 x Pairs)
- Swim hat (if worn)
- Pullbuoy
- Band
- Drinks bottle (700ml)
- Fins
- Hand Paddles
- Skipping rope
- Snorkel (finnis-type)
- Stretch cords

Competition Equipment:

- Racing Costume or trunks to be worn in races only
- Training Swimming costume or trunks to be worn in Warm-Up & Swim Down
- Drag Pants to be worn in Warm-Up & Swim Down
- 2 x Towels
- 2 x Pairs of Goggles
- City of Southampton Swim hat (to be worn by ALL swimmers)
- City of Southampton SC White Polo Shirt.
- City of Southampton SC Track Suit Top
- Black Shorts
- At least 2 x Drinks bottle (700ml)