



# City of Southampton Swimming Club

*(Affiliated to the S E R A S A and H C A S A)*

## **NATIONAL & REGIONAL SQUAD – Code of Conduct**

### **INTRODUCTION:**

This squad is for swimmers who:

- a. Wish to pursue their sport to Regional, Regional Podium, National and National podium Level.
- b. Have Regional Qualifying Times or have the potential to compete at Regional Level.
- c. **Have been FAST TRACKED by Head Coach.**
- d. Have the desire to continue their personal development to pursue swimming to the highest levels of competition.
- e. Have the support of parents/guardians.

Entry into NATIONAL & REGIONAL SQUAD is by Head Coach invitation only.

**COACHES: HEAD COACH DAVID TERRY supported by Club's Assistant Coaches**

### **OBJECTIVES:**

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

- **Stage 3 – Training to Train: Building the engine!**
- A continued emphasis on aerobic conditioning, a greater individualisation of fitness and technical training. Focusing on training rather than competing with the training predominantly of high volume, low intensity workloads. It is important to emphasise that high volume, low intensity training cannot be achieved in a limited time period, and therefore the time commitment to training should increase significantly. There will be specific target competitions undertaken throughout the season, which swimmers in this squad will be expected to compete in. Periodisation of training in the training year will be dictated by the Head Coach. Swimmers will continue to develop suppleness and strength, land training will include the use of 'own body weight' exercises, light dumbbell and Core Stability exercises.
- **Stage 4 – Training to Compete: Optimising the engine!**
- A continued emphasis on physical conditioning with the focus on maintaining high volume workloads but with increasing intensity, with a double or triple periodisation of the training year. The squad will focus on developing

maximum strength gain through the use of land training, with continued work on core body strength and maintaining suppleness.

- **If insufficient time is devoted to training Stages 3 & 4 then it is highly unlikely the young swimmer will reach their full potential.**

Swimmers are expected to follow ALL aspects of the programme and to conduct themselves like a young athlete in all aspects of their daily life.



## National & Regional Squad

### BASIC WEEKLY TRAINING SCHEDULE.

AM	SUN	MON	TUE	WED	THU	FRI	SAT
<b>TIME</b>		<b>5:30 – 7:30</b>	<b>5:30 – 7:30</b>	<b>5:30 – 7:30</b>	<b>5:30 – 7:30</b>		<b>7:00 - 9:00</b>
<b>VENUE</b>		The Quays	The Quays	The Quays	The Quays		The Quays
<b>LAND WORK</b>		Swimmers To be on Pool Deck Ready to Swim at <b>5:30am</b>	Swimmers To be on Pool Deck Ready to Swim at <b>5:30am</b>	5:30-6:25am <b>Complex Land Training</b> (Studio)	<b>SPINNING</b> Controlled <b>Group 1</b> 5:30-6:00am <b>SPIN &amp; Gym</b> <b>Group 2</b> 6:05-7:30am		7:00-7:15am <b>Skipping &amp; Dynamic Stretching</b> (Pool side)
<b>POOL</b>		5:50-7:30am <b>SWIM</b>	5:45-7:30am <b>SWIM</b>	6:00-7:30am <b>SWIM</b>	5:45-7:30am <b>SWIM</b>		7:15-9:00am <b>SWIM</b>
PM.	SUN	MON	TUE	WED	THU	FRI	SAT
		<b>3:45 – 6:00</b>		<b>4:15 – 6:45</b>	<b>6:30-8:00</b>	<b>3:45 – 6:15</b>	
<b>VENUE</b>		The Quays		The Quays	The Quays	The Quays	
<b>LAND WORK</b>		3:45-4:00pm <b>Dumbbells &amp; Core Strength Conditioning</b> (Pool side)		4:15-4:45pm <b>Dumbbells &amp; Core Strength Conditioning</b> (Pool side)	6:30-7:00pm <b>Complex Land Training</b> (Pool side)	3:45-4:15pm <b>Dumbbells &amp; Core Strength Conditioning</b> (Pool side)	
<b>POOL</b>		4:00-6:00pm <b>SWIM</b>		4:45-6:45pm <b>SWIM</b>	7:00-8:00pm <b>SWIM</b>	4:15-6:15pm <b>SWIM</b>	

- 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:**

##### **Regional/National Level Swimmers.**

There are nine available sessions and swimmers are expected to attend ALL of these. Current minimum attendance will be 8 sessions per week with 4 early mornings.

Swimmers should note that to gain maximum benefit from the programme they need

## **FAST TRACK Younger Swimmers:**

Due to the age of some of the younger swimmers in this squad (10-11 years of age) attendance will be determined by Head Coach and parent of FAST TRACK younger swimmer. Initially you are to attend the following sessions:

Monday	AM – 5:30am-7:30am (Compulsory)	
Tuesday	AM – 5:30am-7:30am (Compulsory)	
Wednesday		PM 4:15pm-6:45pm
Thursday	AM – 5:30am-7:30	PM 4:00pm-6:00pm (with Junior County Squad)
Friday		PM 4:00pm-6:15pm
Saturday	AM – 7:00am-9:00am (Compulsory)	

## **Attitude**

As stated in **Stage 3 of the Long Term Athletic Development Plan** attendance is a key factor to a swimmers development and ultimate success, this squad is for those committed and focused, who wish to pursue their sport to the highest level. This squad already contains swimmers that have reached National Age Group Finals and therefore this squad will NOT be used as an Aquatic-Youth/Social group/gathering – as the ultimate Goal for this squad is to produce medallists at South East Region Championships and ASA National Championships. **Poor attendees WILL be invited to train with another more appropriate squad.**

## **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 should make every effort to attend morning sessions backing the morning session up with the evening session (when high level competition finals tend to be held ie ASA National Championships).

## **COMPETITIONS:**

Swimmers are to compete at competitions directed by Head Coach only.

## **PUNCTUALITY:**

At this level, 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)

# National & Region Squad Code of Conduct

1. Punctuality on all occasions is essential and any curfew must be observed.
2. Behaviour and personal conduct must at all times be of a high standard and designed to reflect favourably on the Club. Any other behaviour is totally unacceptable.
3. Language in public or relevant group situations must always be appropriate and socially acceptable.
4. Alcohol is forbidden for athletes under the age as defined by law. For those Team / Squad members over the legal age, it must not be consumed whilst en route, prior to, during or following a competition event, training camp or team activities.
5. Smoking is prohibited by Team / Squad members whilst en route, prior to, during or following a competition event, training session or team activities.
6. Medication – It is important that information on all medication being currently taken should be reported to the Team Manager who will pass it to the relevant Medical personnel.
7. Clothing – When representing City of Southampton Swimming Club swimmers are to wear City of Southampton track suits/t-shirts/ polo shirts on pool side. Swimmers are to wear full club track suits (Jacket and Trousers) to all presentations (zips done up). When competing for City of Southampton SC swimmers are to wear club hats, with exception of club championships.

## **FAILURE TO OBSERVE THE ABOVE CODE OF CONDUCT WILL RESULT IN:**

- THE SWIMMER BEING SENT HOME AT THEIR OWN EXPENSE AND ANY SUBSIDY WILL HAVE TO BE REPAID.
- REMOVAL FROM JUNIOR NATIONAL & REGIONAL SQUAD.

I HAVE READ AND ACCEPT THIS DOCUMENT.

Name of swimmer .....

Parent or Guardian .....

Date .....

Head Coach Signature.....

Date .....

Forms to be signed by swimmers and parent/guardian of those under 18, and returned to the Club please keep the second copy in your club handbook for your own reference. These will be kept by the club and therefore once they are signed, they will be kept on file for future events.