



City of Southampton Swimming Club

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

PIRANHAS SQUAD – Information

Coaches: Jessica Farmer, Peter Farmer, Arthur Lawlor

Introduction

This squad is for swimmers who:

- a. Desire to continue personal development.
- b. Support of parents/guardians.
- c. Competent in Frontcrawl and Backstroke.
- d. Can complete a 100m swim on Frontcrawl and Backstroke without stopping in accordance with ASA law.
- e. Can complete 25m of Breaststroke Kick with good understanding of the stroke laws.
- f. Competent at Butterfly kick.

Entry into PIRANHAS SQUAD is by Jessica Farmer, Peter Farmer, Head Coach invitation only.

Objectives

The primary objective of this squad are:

- **To learn the skills involved in swimming by developing each of the four strokes as well as the core element of body control, feel for the water, and stable movement patterns.**

All objectives of this squad are in line with the ASA Long Term Athletic Development plan:

- **Stage 1 – FUNdamental**
 - The emphasis is on developing basic movement literacy and fundamental movement skills. The skills to be developed are the ABSs (Agility, Balance, Coordination, Speed). No periodisation will take place, but a well-structured programme with proper stroke, skill progression will be implemented.

- **Moving into and Commencing 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 :
 1. Develop and improve Stroke technique on all four competitive strokes.
 2. Learn basic stroke drill progressions of all four competitive strokes.
 3. Practice IM swimming sets.
 4. Learn and perfect starts, turns, and finishes on all four competitive strokes and IM turns.
 5. Independently monitor training by using the pace clock.
 6. Complete a well-balanced training programme that includes varied pace swims, basic swimming speed, pacing, and overdistance swims.
 7. Starting to learn the rules of the sport.
 8. Increase the distance covered in training sessions to improve endurance.
 9. Participate in club time trials, performing a variety of strokes and distances.
 10. Participate in local fun galas, meets, at a relevant level.
 11. Learn and practice basic stretching.
 12. Take responsibility for training equipment required at each training session (see list below).



PIRANHAS SQUAD

BASIC WEEKLY TRAINING SCHEDULE.

AM	SUN	MON	TUE	WED	THU	FRI	SAT
TIME			5:30 – 7:30		5:30 – 7:30		7:00 - 7:50
VENUE			The Quays		The Quays		The Quays
LAND WORK			5:30-6:25am * By Invite Only Land Training Programme (Studio)		5:30-6:25am * By Invite Only Land Training Programme (Studio)		Diving Pit
POOL			6:30-7:30am * By Invite Only SWIM		6:30-7:30am * By Invite Only SWIM		7:00-7:50am SWIM
PM.	SUN	MON	TUE	WED	THU	FRI	SAT
			5:45 – 7:00		5:45 - 7:00		
VENUE			The Quays		The Quays		
LAND WORK			5:45-6:00pm Basic Skipping, Mobility, Flexibility (Pool side)		5:45-6:00pm Basic Skipping, Mobility, Flexibility (Pool side)		
POOL			6:00-7:00pm SWIM		6:00-7:00pm SWIM		

There will be additional sessions included where necessary.

- 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.

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Attendance

There are 5 available sessions and swimmers are expected to attend a minimum of 2 sessions per week with 1 Saturday morning. Parents should note that to gain maximum benefit from the programme swimmers need to be achieving an attendance of at least 3 sessions per week.

Competitions

Swimmers are to compete at competitions directed by Squad Coach/Head Coach only, Piranha Squad swimmers are invited and actively encouraged to compete at City of Southampton Swimming Club's club championships, which are held November/December each year.

Punctuality

Swimmers should arrive punctually for training, ready to skip, mobilize and stretch at the designated time.

Squad Fees

Fees are payable monthly by standing order.

Equipment

At this level, swimmers are expected to have some of 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
- Towel
- Goggles (preferably 2 x Pairs)
- Swim hat (if worn)
- Pullbuoy
- Drinks bottle (700ml)
- Fins
- Skipping rope

David Terry
Head Coach
City of Southampton Swimming Club