

City of Southampton Swimming Club

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

SENIOR PERFORMANCE SQUAD – Code of Conduct

INTRODUCTION:

This squad is the senior performance phase of the club for swimmers beyond school academic Year 11 (ie college, university students). This group is for those swimmers who have qualified (or very close to qualifying) at Regional /National Level , and wish to pursue their sport and maintain the highest (Regional, National) levels of competition.

Entry into SENIOR PERFORMANCE SQUAD is by Head Coach invitation only.

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

OBJECTIVES:

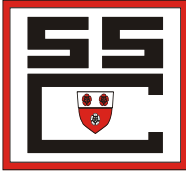
The objective of this squad are in line with the ASA Long Term Athletic Development plan:

- **Stage 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.

- **Stage 5 – Training to Win: Maximising the engine!**
- The emphasis will be on specialisation and performance enhancement, with a double or triple periodisation of the training year. Swimmer's physical, technical, tactical, mental, and ancillary capacities should be fully established with the focus now on optimisation of performance. Training will continue to develop strength, develop core body strength and maintain suppleness.

- **These objectives should enable senior swimmers to compete with distinction at the highest levels.**

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



Senior Performance Squad

BASIC WEEKLY TRAINING SCHEDULE

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

ATTENDANCE:

SENIOR PERFORMANCE – South East Region/National Level Swimmers.

There are nine available sessions and swimmers are expected to attend ALL of these. Current minimum attendance will be 7 sessions per week with 4 early mornings. Swimmers should note that to gain maximum benefit from the programme they need to be achieving an attendance figure of 85% or more.

University Swimmers –South East Region/National/International Level.

Due to the complexities of Higher Education attendance will be determined by agreement between Head Coach and university student. However, university swimmers should note that to gain maximum benefit from the programme they need to be achieving an attendance figure of 85% or more.

APPLICATION & ATTENDANCE:

As stated above this squad is the senior performance phase of the club, it is for those committed and focused, who wish to pursue their sport to the highest level. It is NOT and will NOT be used as an Aquatic-Youth/Social group. Competitive swimming is a Training Orientated Sport, SENIOR PERFORMANCE SQUAD swimmers must apply themselves both physically and mentally to each and every training session with a positive professional attitude.

COMPETITIONS:

Swimmers are to compete at competition 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 (fennis-type)
- Stretch cords
- Heart Rate Monitor
- White Board and Pencil
- Monthly Log Sheet – iaw Swim21 guidelines

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)