



**Taunton Deane Swimming**

**Squad Pack – Youth Potential**

**[www.tdswim.co.uk](http://www.tdswim.co.uk)**

## **Youth Potential Squad Pack**

To include:

- Sessions and times
- What is expected in the group
- Squad Equipment
- Land Training
- Progression
- Squad Manager
- Log Book

## SESSIONS

Youth Potential squad is a squad aimed at attaining entry to squad and maintaining fitness for competitive performance.

This group train six sessions per week (see table below) and have a total of 7.75 hours of training time per week.

Youth Potential			
Pool	Day	AM	PM
James St	Monday	06.00-07.30	19.30-21:00
James St	Tuesday		17.00-18.00
Taunton	Wednesday	05.45-07.00	
James St	Thursday		17.00-18.00
King's	Sunday	10:30-12:00	

Selected swimmers may also be invited to swim with the Squad

### **King's College**

Any damage to the facility in any capacity will result in the pool being removed from club use. On entry to the facility any damage/faults or other issues should be reported before getting changed to the Coach, Squad Rep or parent. Vandals will be dealt with severely.

### **Taunton School**

Male swimmers should use changing room A.

Female swimmers should use the area where the lockers are in the girls changing rooms.

Taunton School sports club members use this facility at the same time as the club are using it and as such the highest behavioural standards must be maintained. Anyone failing to do this will be banned from the facility at the request of Taunton School Sports Club.

The school has a secure door on entry to the pool. Please do not obstruct this door from closing under any circumstance. The club have a card that hangs by the door to gain exit.

### **Youth Potential Expectations**

- Swimmers are expected to attend as many sessions as possible
- Swimmers should work well and intelligently in every session
- Swimmers are expected to compete fully at County Championships and represent the Club when requested

### **Equipment**

In addition to essential equipment swimmers should own and bring with them to every session:

Kick Float and Pull Buoy  
Swimwear  
Hand paddles  
Fins (short fins)  
Stretch Chords (for shoulder stability)

**Session Recorder and Pencil**

**Log Book**

**LOG BOOKS MUST BE KEPT**

Equipment can be ordered through the Club and information for this can be located on the notice board or our website.

## **Land Training**

Swimmers are encouraged to complete 15 minutes of loosening off, core strength and shoulder stability work before entering the pool on time.

This is important not only to prepare for the swim session but also to build up important muscles in the shoulders and core body that will help prevent injury.

The following exercises should be done at the start of every swim session:

2 sets of 10 on                      Rotator cuff external rotation  
   Rotator cuff internal rotation

1 minute hold on                      Plank shoulder holds  
   Hip Raise

## **Promotion - Age Group Potential & Youth Potential to Squad**

### **Entry to Squad**

#### Route 1

Automatic Entry will be given to those who obtain:

National Qualifying Times at 12yrs of AGE or older.  
3 x 200m regional qualifying times at 13yrs  
Regional medallist in 3 events at 12yrs

Youth Potential swimmers must achieve a regional youth 200m qualifying time.

#### Route 2

Consideration will be given to those who:

At 13yrs of age have a regional qualifying time.  
Demonstrate good skills and training ethic.

### **EXIT ROUTES**

Should Route 1 not be achieved and the swimmer is not considered for Route 2 promotion to squad, swimmers will be considered to move to Youth Potential providing they have achieved the A or B consideration times at 13 years of age. (A Times- Regional times + 15% for 200m events and +12.5% for 100m events)

12yrs A TIME	12yrs B TIME	13yrs A TIME	13yrs B TIME	Event	12yrs A TIME	12yrs B TIME	13yrs A TIME	13yrs B TIME
1.16.38	1.29.0	1.11.55	1.22.0	100 frontcrawl	1.15.94	1:26.5	1.13.01	1.24.0
2.46.17	3.00.0	2.38.93	3.00.0	200 frontcrawl	2.51.48	3.12.0	2.41.55	3.01.0
1.28.09	1.40.0	1.23.13	1.36.0	100 backstroke	1.29.21	1.40.0	1.25.83	1.36.0
3.12.85	3.35.0	3.02.50	3.26.0	200 backstroke	3.09.29	3.30.0	3.04.11	3:26.0
1.38.55	1:49.5	1.32.95	1.43.0	100 breaststroke	1.39.66	1.52.0	1.36.52	1.48.5
3.38.5	3.58.0	3.26.65	3.40.0	200 breaststroke	3.32.75	3.53.0	3.27.11	3.50.0
1.26.06	1.39.5	1.21.00	1.35.0	100 butterfly	1.27.52	1.40.0	1.24.37	1.35.5
3.14.46	3.42.0	3.03.19	3.30.0	200 butterfly	3.12.05	3.35.0	3.09.75	3.30.0
3.10.09	3.35.0	3.01.47	3.28.5	200 Ind medley	3.11.7	3.34.0	3.06.07	3.27.0

Should the swimmer not achieve these times then it is likely the exit route from Age and Youth Potential will be to a recreation group.

## Squad Manager

The role of the squad manager is to convey information from the club to the swimmers and or parents.

The swimmers are expected to hand back the information, should it be required, to the squad manager.

Meet entry information should be returned to the rep within the allotted time period.

The current squad manager for Youth Potential Squad is Sam Smith.

## Log Books

Each swimmer should have a logbook. The logbook is used to record the activities of the swimmer. It can be a simple pad and folder or an elaborate file. It should contain the content of any training session (swim and land).

The volume in metres of the day and the week.

Resting heart rate.

The max heart rate of the session.

What the swimmer thought of the training session and their performance in it.

Height and Weight should be recorded in it each week.

Information should be entered every day, even on rest days. It should be used as a diary for the swimmer recording any thoughts feelings, changes, injuries as well as moans groans and good things.

The next page has useful addition to help you record all the information.

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Day	Resting Pulse	Daily Volume	Weekly Volume	Sleep	Stress	Fatigue	Muscle Soreness	Comments
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

**Notes :**

- a. Scale - 1 = Good 5 = Bad
- b. This MUST be completed by YOU. It is YOUR record of how YOU perceive YOU feel
- c. Resting pulse taken as soon as you wake - 30 secs then double it. Do not record if you wake suddenly
- d. Sleep - indicates length and quality of sleep. (Note sleep before midnight is better than after - reasons unknown)
- e. Stress - measure of the mental pressure in your life
- f. Fatigue - measure of general physical tiredness
- g. Muscle Soreness - relates to specific localised soreness in muscles (Are they sore to touch?)
- h. Comments - include general feeling for day, other relevant info, competition details etc.

# SWIMMING GROUPS AND MOVEMENTS

