

TAUNTON DEANE SWIMMING

SQUAD PACK ST1 & ST2

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Foreword from the Management Committee:

Over recent years the culture of sport has changed and standards of behaviour of both participants and staff are constantly in the spotlight. It is therefore vitally important that sporting organisations constantly examine and adapt their procedures to keep pace with this change.

In addition with the club continuing to flourish there is a need for swimmers to understand exactly what is expected of them both in terms of training regimes and personal behaviour and it is no longer acceptable nor desirable to leave that expectation to individual choice.

These rules are not intended to impose restrictions on members but are designed so that fairness and equality can be maintained with everyone knowing exactly what is expected of them. They will work alongside the Club Rules & Constitution and within the confines of both the Discipline Code and the Grievance Procedure which can all be found on the Club Website www.tdswim.co.uk.

Squad Expectations

- Swimmers are encouraged to attend as often as possible and in any case twice a week
- Swimmers should listen to teachers at all times and work on getting better at all strokes turns and dives
- Stroke development
- Progression

SESSIONS

ST1A	Wednesday	Thursday	Sunday
Taunton School	6.00-6.30pm		
St James St		6.00-6.30pm	3.00-3.45pm

ST1B	Wednesday	Thursday	Sunday
Taunton School	6.30-7.00pm		
St James St		6.30-7.00pm	3.45-4.30pm

ST2	Wednesday	Thursday	Sunday
Taunton School	6.00-7.00pm		
St James St		6.00-7.00pm	3.00-4.30pm

Training Sessions

Swimmers are encouraged to attend as often as possible unless otherwise agreed with the Lead Coach (School sessions may be taken into account). For example allowances will be made during exam periods and those undergoing rehabilitation.

Swimmers must be respectful to the coaching team at all times and follow instructions from the coach/teacher during training.

Swimmers not fully participating or cooperating may be asked to leave the session and or asked to complete some land-based work. Where a swimmer is being disruptive he or she will be asked to leave that session.

Swimmers will be given a verbal warning as to their conduct prior to being asked to leave the session unless the incident warrants an immediate exclusion. In the event of an exclusion from a training session, swimmers will not be allowed to leave the premises unaccompanied unless a parent/guardian has granted permission and the Coach/Teacher informed.

In the event of an exclusion a report will be made to the Management committee who will decide if any further action is required.

Swimmers may not be allowed to participate in a training session if they do not have with them the required equipment.

Training Premises

Swimmers are expected to maintain the highest standards of behaviour irrespective of training premises however; specific venues may have additional rules which must be followed.

As a guide, if you would not do or say it in front of parents, police, teachers, in the workplace or at school/college then it shouldn't be done or said anywhere near a swimming pool or swimming activity.

As the Club does not own its own facilities access to swimming facilities relies on the goodwill and tolerance of outside organisations. Any behaviour disrespectful to these organisations or their property, which could compromise the use of the facility by the Club, is strictly forbidden. Premises should be left clean and tidy any damage or mess should be reported to coaching staff immediately.

Taunton School

Male swimmers should use changing room B. 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 and as such the **highest behavioural standards must be maintained.**

For Clarity this includes (not exhaustive):

Disrespectful behaviour to yourself and or others. Foul, aggressive or disrespectful language. Intimacy of any kind.

Anyone failing to do this will be banned from the facility at the request of Taunton School Sports Club.

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.

Equipment

In addition to essential equipment swimmers should own and bring with them to swim sessions (not essential during trial period):

ST1 Kick Float and Pull Buoy

ST2 Kick Float, Pull Buoy and Fins (short fins)

Equipment can be ordered through our swim shop, information for this is on the notice board at St James St and our website www.tdswim.co.uk. Our swim shop operates the first and third Wednesday every month at Taunton School.

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:

1 minute hold on
Plank shoulder holds

Hip Raise

Your teacher will help you with this.

Promotion From ST1 & ST2 to ST3

Automatic Entry will be given to those who:

Achieve 3 of the 5 time standards from the entry consideration time table.

Age on the day (25 mtr pool times).

50 mtr times	Freestyle A time	Backstroke A Time	Breast-stroke A Time	Butterfly A Time	Ind Medley 100m A Time
8 yrs	0.49.00	1.00.00	1.15.00	1.10.00	2.10.00
9 yrs	0.43.00	0.51.00	1.00.00	1.00.00	1.51.00
10 yrs	0.38.00	0.46.00	0.53.00	0.45.00	1.40.00
11 yrs	0.35.00	0.42.00	0.45.00	0.43.00	1.30.00

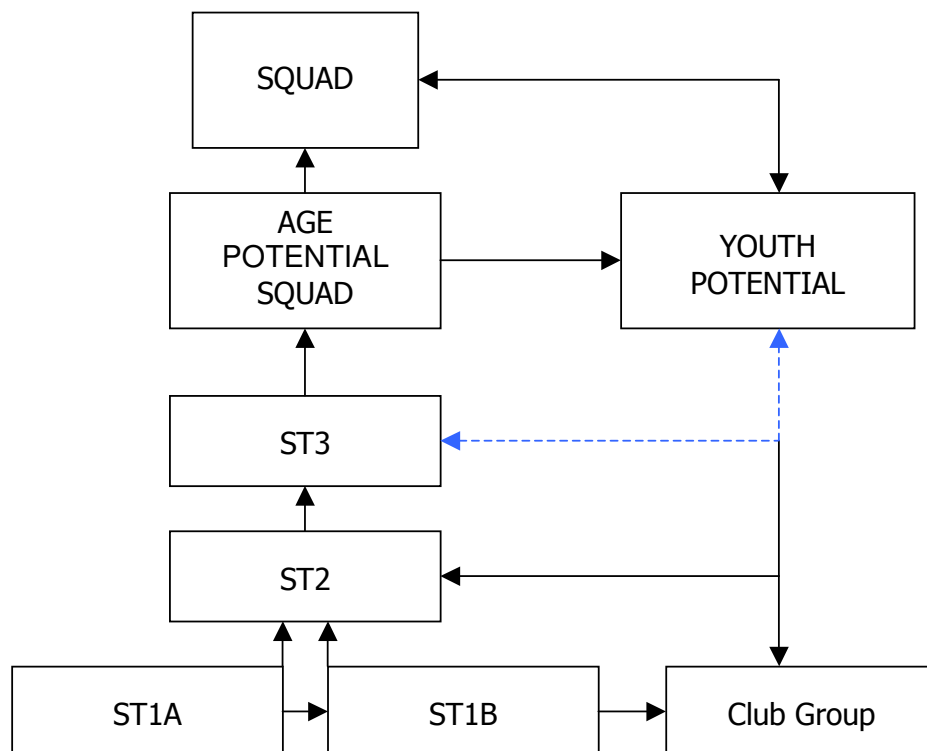
Consideration will also be given to swimmers who demonstrate good skills and training ethic at the sole discretion of the ST2 coach, ST3 coach and the head coach.

In addition to achieving the qualifying times swimmers must be competent in their turns and also achieved their competitive start award.

EXIT ROUTE

Where a swimmer does not achieve A Times or who does not demonstrate good skills and training ethic swimmers will move to the Club Group no later than 11yrs of age. Swimmers have no more than 24months to achieve the time standards at 9years and under. Swimmers who are 10 or over will have until their eleventh birthday to achieve the above standards standards.

MOVEMENTS



ST1 and **ST2** groups are stroke development groups; their role is to develop strokes and develop basic aquatic fitness in short intense sessions to allow the swimmer to make the step up to ST3.

Club Group is for young swimmers who wish to continue to develop their swimming but a less intense training regime. However, those willing to train hard will be given the opportunity to enter the competitive groups

ST3 is primarily concerned with stroke and skill development and developing aerobic capacity/endurance. However there is a far greater amount of pool time available to also develop fitness. This fitness will develop through the time spent in the water and will prepare swimmers for either Age Potential Squad or Youth Potential Squad.

BAGcats

BAGcats is a points scoring system that the ASA use to award overall winners in competitions. The scoring takes into account the swimmers overall development as a swimmer and their skills across all strokes.

Each even you swim is awarded points that is worked out on the BAGcat calculator these are then used to calculate your total points.

Your total Points will be made up from your best:

Sprint event (50 or 100M)
Form Stroke event (100/200 of Back, Breast or Fly)
Freestyle event (100/200/400/800/1500)
Medley Event (100/200/400IM)

This means likely winners of BAGcat championships will have swum in all strokes. Each young swimmer should be working towards doing well in BAGcat events; this means the swimmer must work hard to be good at all 4 strokes.

Swim Meets Where Age Allows

Swimmers must accept that TDS is a competitive Club and be available for Galas when selected and should compete at all the meets advertised for their group wherever possible and in any case Somerset County Championships, ASA South West qualifiers and National qualifiers.

Swimmers should be competing in a range of events and should liaise with coaches when entering meets with regards to the entries. (Meet packs will contain guidelines)

Swimmers wishing to compete at events outside of the competition programme should liaise with their lead coach before submitting any entries.

Swimmers should remain with the team throughout the event, unless permission is given to go to another area, and this includes seeing parents/guardians. Parents should not approach coaches during sessions, or in front of any swimmers.

The coach will make the decision whether or not to withdraw swimmers from events. Swimmers are expected to swim all swims entered and any resulting final except in special circumstances. No one else shall withdraw swimmers from events. If any injuries occur the swimmer shall be withdrawn from any following swims.

Any special dietary requirements medication etc should be notified to team staff in advance in the appropriate forms. Staff must be informed if swimmers can self regulate or not.

Should a disciplinary problem occur at Club Champs, Inter club, County, District, Open or National Event or during the Journey to or from such an event, the team manager, head coach or appointed deputy shall deal with such an occurrence as they feel appropriate, bearing in mind the spirit of the clubs discipline code. Any action will be reported to the next management committee. Such decisions are not to be questioned at the time of issue.

Swimmers must be respectful to others at all times, this includes team members, other swimmers, coaches, chaperones, team managers and if staying away overnight other people staying within the accommodation.

Swimmers must cooperate with coaches, teachers and team managers.

General Swimming Rules

Behaviour and Personal Conduct

Must at all times be of a high standard and reflect favourably on swimming and the Club. Communication in public or relevant group situations must always be appropriate and socially acceptable.

Consumption and Possession of Alcohol

Consumption and possession of Alcohol is totally forbidden for all swimmers whilst engaged in swimming activities. This includes all training and competitions.

Smoking

Smoking is not allowed by swimmers whilst undertaking swimming activities and this includes en route to meets in club transport, prior to training sessions or any team activities.

Illegal Drugs, Substances and Performance Enhancing Substances

Illegal Drugs, Substances and Performance Enhancing Substances as prescribed by the ASA are all strictly forbidden. If you are approached, offered or given anything do not accept it but let either the Team Manager or a member of staff know immediately.

Medication

It is important that all medical information is up to date and any known allergies must be included.

Personal Appearance

Personal appearance must be appropriate for the circumstances.

Jewellery

All jewellery must be removed before entering the pool. However, Stud earrings may be worn.

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 rep.

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

The current squad manager for ST1 & 2 is Sarah Jones.

I have read the Squad Pack for ST1 & ST2 and agree to abide by it. I agree to maintain the highest standards of behaviour.

I understand that if I fail to meet the expected standards I may lose my place in the group.

Swimmer Name:.....
(please print)

Signed Parent Guardian:.....

Signed Swimmer:.....

✂.....

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