

# TAUNTON DEANE SWIMMING

## SQUAD PACK

ST3

## **Index**

Foreword from the Management Committee

Group Expectations

Sessions and Times

Training Venues

Equipment

Log Books

Land Training

Bagcats

Group Movements

Swim Meets

General Rules

Squad Manager

## 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 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](http://www.tdswim.co.uk).

## Squad Expectations

- Swimmers are expected to attend all sessions as agreed with the coach
- Swimmers must demonstrate commitment to develop very good technical skills
- Swimmers should work well and intelligently in every session
- Swimmers are expected to compete fully at County, Regional and National Championships and represent the club when requested

## SESSIONS

ST3 train a total of 5 hours per week in the pool.

Pool	Day	PM
Kings	Tuesday	1900-2030
James St	Thursday	1900-2000
James St	Friday	1830-2000
James St	Sunday	1630-1800

## Training Sessions

Swimmers should swim an average of 3 sessions per week 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.

**Attendance** should be **above** 60% in any 3-month period. Where a swimmer fails to maintain their attendance for no valid reason he or she may be moved to another group where the commitment requirement is less demanding.

Swimmers should be on poolside up to 15 minutes before the start of the swim session (where possible) to complete the dry warm-up and core stability workout. This workout is key to our injury prevention work.

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 under 18 (17 if driving themselves) 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 every swim session:

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

Swimmers will also be given a session recorder to be used during sessions to record heart rates, splits and any other relevant information.

Session Recorder and Pencil  
Log Book

## LOG BOOKS MUST BE KEPT

Equipment can be ordered through the club and information for this is on the notice board and website [www.tdswim.co.uk](http://www.tdswim.co.uk).

### **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.

Logbooks 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.

An example page appears at the end of this document has some useful additions to help you record all the information.

### **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

### **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 event you swim is awarded points that are worked out on the BAGcats 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.

## PROMOTION FROM ST3 to Age Group Potential Squad

### Route 1 Entry

Automatic Entry will be given to those who achieve:

1. Regional qualifying standards in any event
2. Top 3 BAGCAT finish at county championships
3. 3 x 200m times from the Potential Squad time consideration standards

### Age on the day (25m pool times) Potential Squad Consideration times

9/10 years 12.5% of SWR	11 years 10% of SWR	12 years 7.5% of SWR	Event	9/10 years	11 years	12 years
3.07.31	2.44.12	2.35.34	200 m freestyle	3.11.25	2.49.42	2.36.09
3.31.50	3.09.70	3.00.27	200m backstroke	3.31.50	3.02.39	2.56.95
3.59.90	3.43.85	3.24.25	200m breaststroke	3.59.90	3.41.65	3.16.87
3.54.56	3.19.87	3.01.78	200m butterfly	3.54.56	3.19.87	2.59.52
3.31.50	3.18.35	2.58.45	200m Ind. Medley	3.31.5	3.11.84	2.59.20

## PROMOTION FROM ST3 to Youth Potential Squad

Swimmers should achieve the Youth Potential consideration times by 12 years of age in a 100m or 200m event to gain promotion to this group (Regional times + 15%).

Youth Potential Consideration

25 Mtr pool times - A TIME (12.5% for 100's 15% for 200's)

### BOYS

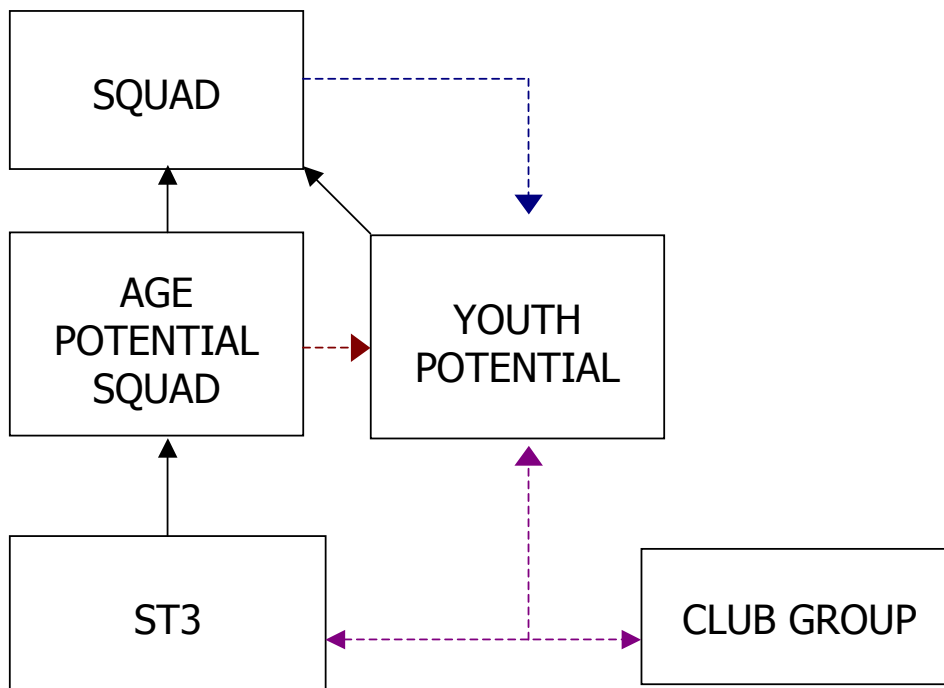
### GIRLS

12yrs A TIME	12yrs B TIME	13yrs A TIME	13yrs B TIME	Event	12yrs A TIME 12yrs	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	1:39.5	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

## EXIT ROUTES

If the swimmer does not achieve A Time or B Time then the swimmer move to the club group no later than 13yrs of age.

## MOVEMENTS



**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 Potential Squad (age) or Youth Potential Squad.

**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

**Age Potential Squad** is for young competitive swimmers who are preparing for competition.

**Youth Potential** is for later developing swimmers. This group allows slightly older swimmers to gain extra water time as they develop and try to attain places in Squad. It is also a less intense group and swimmers should compete in Club Championship and County meet and swim with more structure.

### Swim Meets

Swimmers should be competing in a range of events.

Swimmers should liaise with coaches when entering meets with regards to the entries (meet packs will have guidelines).

Swimmers should compete at all the meets advertised for that squad where possible. Every swimmer should support the club by competing fully at Somerset County Championships.

National qualifiers and Western County qualifiers, unless under exceptional circumstances, should be competing fully at these meets.

Swimmers should co-operate with club staff.

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 shall make the decision to withdraw swimmers from events. If a swimmer enters the swim they are expected to swim it, and any resulting final unless under special circumstances. No one else shall withdraw swimmers from events.

If injured the swimmer shall be withdrawn from any following swims.

### **Away Meets**

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

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 misbehaviour or any other disciplinary problem occur at an 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 disciplinary code. Any action will be reported to the next management committee. Members aggrieved by this may appeal in writing to the management committee.

### **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 ST3 is

I have read the ST3 Squad Pack and agree to abide by it. I agree to maintain the highest standards of behaviour and attend, except under exceptional circumstances, an average of 3 training sessions per week.

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

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

Signed Parent Guardian:.....

Signed Swimmer:.....

✂.....

I have read the ST3 Squad Pack and agree to abide by it. I agree to maintain the highest standards of behaviour and attend, except under exceptional circumstances, an average of 3 training sessions per week.

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

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

Signed Parent Guardian:.....

Signed Swimmer:.....

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.