



Taunton Deane Swimming

Squad Pack

www.tdswim.co.uk

Squad Pack

To include:

- Sessions and times
- What is expected in the group
- Squad Equipment
- Land Training
- What the next step is and what is required to do that
- Swim meets
- Who REP is
- Log Books

Sessions

Squad is the top group within Taunton Deane Swimming.

The Squad train a total of 17 hours per week in the pool.
One hour of this is done at Millfield School.

Squad Training		
Monday	5:45am-7:15am	Taunton School
Monday	5:00pm-7:00pm	Taunton School
Tuesday	5:45am-7:15am	Taunton School
Tuesday	5.15pm-7pm	Taunton School
Wednesday	7:00pm-9:00pm	Taunton School
Thursday	5:45am-7:15am	Taunton School
Thursday	6pm-8pm	Taunton School
Friday	5:45am-7:15am	Taunton School
Friday	6:00pm-8:00pm	Millfield School
Sunday	9.00am – 11.00am	King's College
Gym Access is available to selected swimmers.		
Swimmers on this programme must complete a minimum of 2 sessions per week.		

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 and as such the highest behavioural standards must be maintained. Failure to do so will result in swimmer(s) being 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.

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.

Squad Expectations

- Swimmers are expected to attend all sessions
- Swimmers should work well and intelligently in every session
- Swimmers are expected to compete fully at county Championships and represent the club when requested
- Swimmers are expected to represent club when selected

Equipment

In addition to essential equipment swimmers should own and should be brought 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.

Land Training

Squad do a 1 hour circuit session on Friday evenings at Millfield following on from the swim session.

Swimmers are required to do 3-4 hours of land work per week. This will help strengthen important areas of the body to aid training and help prevent injury.

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

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

Gym Sessions have also been arranged at Hermes situated in Coal Orchard under the supervision of the highly qualified and experienced staff. The gym programmes are devised for individuals and in conjunction with the head coach and manager of the Gym.

Swimmers will be assessed by a sports therapist and a programme written to work on any highlighted weakness and to develop the specific strength required in swimming. The cost for this will be included in squad fees but swimmers will need to meet set guidelines to be selected for this. Swimmers will be expected to do this in their own time in addition to the swim work 2 times per week or 3 times if the Millfield session is not taken up.

Next Step

Squad is the top group within the club.

To remain in the squad swimmers must work to the highest standards meeting the requirements within the squad guidelines.

Should swimmers decide they no longer wish to train at such a level they may be moved to another less intense group, Fast Track or Recreation.

Swimmers in Squad will be encouraged to develop teaching skills through courses such as Club Helper and ASA Assistant Teacher. This will help increase the swimmers understanding of swimming and also give them other skills to use when their swimming career is finished.

If a swimmer decides they would like to help the club then they may be given funding to aid with the cost of the course.

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 in advance 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.

Squad Rep

The role of the squad Rep is to convey information from the Club to the swimmers and or parents. Swimmers are expected to hand back 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 rep is Richard Williams.

Log Books

Each swimmer should have a log book..

The log book 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 meters 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.

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.

