



Squad Structure

Our mission is to promote conditions that produce successful athletes, in an inspiring and energising environment and where dreams, potential, enjoyment and fulfilment can become a reality. Squads are structured so that swimmers can naturally progress through challenge and commitment to reach individual goals and expectations.

General Squad Expectations

- Be punctual – Arrive on poolside on time for each session
- Be prepared to listen to the coach and work effectively. Instruction and Feedback is given for YOUR benefit!
- Meet the training requirements as specified by the coach. Training sets are planned to allow you to achieve YOUR goals and objectives
- Be respectful to the coaching staff, other swimmers and parents
- Remain positive, If you have a concern, talk to one of the coaching staff
- Enter ALL designated club competitions
- Be available for all club team galas
- Remember we are a team. SUPPORT your colleagues
- Be proud to represent your club. Your club is proud of you!
- Abide by and believe in the MISSION statement of the Club.
- **Have Fun**

Specific Squad Expectations

- Movement between any squads will be based upon swimmers either meeting the specific entry requirements or at the Head Coach's discretion. A planned movement date will then be allocated after discussion with the swimmer, parent & Head Coach.
- Opportunities to meet specific entry requirements will be made at regular intervals.

A Squad

Requirements

- Attend x Number of sessions
- Hold at least x Number of County or Regional Times
- Have the ability to meet the training requirements
- Have the desire & commitment to train at this level
- Work towards specific agreed goals and targets
- Be prepared to represent the Club at Gala's
- Hold a 100IM time of under 1:22.00
- Hold a 200FC time of under 2:35.00

Aims

- This squad is aimed at swimmers who show the potential to compete at Regional & National Level.
- This squad also caters for those swimmers who do not supplement their training with NOVA, but have reached and sustained the squad entry requirements.
- This squad focuses on multi stroke development with younger swimmers and event specialisation with older swimmers.

Session Times

Session	Day	Time	Venue
1	Sunday	18.30 - 20.00	Water Meadows – Lanes 5 & 6
2	Monday	20.00 - 21.00	Water Meadows – Lanes 5 & 6
3	Tuesday	20.00 – 21.00	Water Meadows – Lanes 5 & 6
4	Wednesday	19.00 - 20.00	Lammas – Lanes 3
5	Thursday	20.00 – 21.00	Water Meadows – Lanes 5 & 6
6	Friday		Loughborough – Lane 2

B Squad

Requirements

- Attend at least 3 sessions per week
- Hold at least x Number of County or Regional Times
- Have the ability to meet the training requirements
- Have the desire & commitment to train at this level
- Work towards specific agreed goals and targets
- Be prepared to represent the Club at Gala's
- Hold a 100IM time of between 1:22.00 & 1:50.00
- Hold a 200FC time of between 2:35.01 & 3:20.00

Aims

- This squad is aimed at swimmers who show the potential to compete at County & Regional Level.
- This squad also caters for those swimmers who do not supplement their training with NOVA, but have reached and sustained the squad entry requirements.
- This squad focuses on multi stroke development and training is structured to nurture progression.

Session Times

Session	Day	Time	Venue
1	Sunday	18.30 - 20.00	Water Meadows – Lanes 2, 3, 4 & 5
2	Monday	20.00 - 21.00	Water Meadows – Lanes 2, 3, 4 & 5
3	Tuesday	20.00 – 21.00	Water Meadows – Lanes 2, 3, 4 & 5
4	Wednesday	19.00 - 20.00	Lammas – Lanes 2 & 3
5	Thursday	20.00 – 21.00	Water Meadows – Lanes 2, 3, 4 & 5
6	Friday		Loughborough – Lane 1 & 2

Development + Squad

Requirements

- Attend at least 2/3 sessions per week
- Working towards at least x Number of County Times
- Hold a Competitive Start Award
- Have the ability to meet the training requirements
- Have the desire & commitment to train at this level
- Work towards specific agreed goals and targets
- Be prepared to represent the Club at Gala's
- Hold a 100IM time of between 1:50.01 & 2:00.00
- Hold a 200FC time of between 3:20.01 & 3:50.00

Aims

- This squad is aimed at swimmers who show the potential to compete at County Level.
- This squad caters for those swimmers who have reached and sustained the squad entry requirements.
- This squad focuses on multi stroke development and training is structured to nurture progression and develop swimmers to a standard where a NOVA trial may be possible.

Session Times

Session	Day	Time	Venue
1	Sunday	18.30 - 20.00	Water Meadows – Lanes 1 & 2
2	Monday	20.00 - 21.00	Water Meadows – Lanes 1 & 2
3	Tuesday	20.00 – 21.00	Water Meadows – Lanes 1 & 2
4	Wednesday	19.00 - 20.00	Lammas – Lanes 2
5	Thursday	20.00 – 21.00	Water Meadows – Lanes 1 & 2
6	Friday		Loughborough – Lane 1

Development Squad

Requirements

- Attend at least 2 sessions per week
- Hold or working towards a Competitive Start Award
- Hold or working towards an ASA Speed Award
- Have the ability to meet the training requirements
- Have the desire & commitment to train at this level
- Work towards specific agreed goals and targets
- Be prepared to represent the Club at Gala's
- Hold a 100IM time of between 2:00.01 & 3:00.00
- Hold a 200FC time of between 3:50.01 & 5:00.00

Aims

- This squad is aimed at swimmers who have reached the required entry requirements
- This squad is aimed at swimmers who wish to swim competitively.
- This squad focuses on multi stroke development with emphasis on enjoyment

Session Times

Session	Day	Time	Venue
1	Sunday	18.30 - 20.00	Water Meadows – Lane 1
2	Monday	19.00 – 20.00	Water Meadows
3	Tuesday	19.00 – 20.00	Water Meadows – Lanes 1, 2, 3, 4 & 5
4	Wednesday	19.00 - 20.00	Lammas – Lanes 1 & 2
5	Thursday	19.00 – 20.00	Water Meadows – Lanes 1, 2, 3, 4 & 5
6	Friday		

Teaching Squad

Requirements

- Have the desire & commitment to improve swimming technique
- Work towards specific agreed goals and targets
- Focus on enjoyment within a structured programme

Aims

- This squad is aimed at swimmers who are learning to swim competitively.
- This squad focuses on multi stroke development with emphasis on enjoyment

Session Times

Session	Day	Time	Venue
1	Sunday	18.00 - 18.30	Water Meadows
2	Monday	19.00 - 20.00	Water Meadows
3	Tuesday	19.00 – 20.00	Water Meadows – Lane 6
4	Wednesday	19.00 - 20.00	Lammas – Lanes 1
5	Thursday	19.00 – 20.00	Water Meadows – Lane 6
6	Friday		