

## GUIDANCE NOTES FOR PARENTS AND SWIMMERS IN ALL SQUADS

### **Introduction**

Welcome to the new look training sessions at Wyre Forest Swimming Club

These sessions are designed to help you swim fast when it matters. They will enable you to progress in swimming as far as you want to go.

Every swimmer in the club has been assigned to a squad based on a number of factors. In the majority of cases swimmers will be in the correct squads; however it is possible that some swimmers/parents may feel that they are in the wrong place. If you are one of those people then please talk to me about your situation as soon as possible.

### **Summary of Squads**

**Performance 1 squad** is designed for those swimmers who have the ability and ambition to aim for a Regional Age Group time or above in the next two years. This is the club's most advanced squad and swimmers placed in this squad will be generally expected to train in the pool between 10 – 13 hours each week. This may be reduced in individual cases if the swimmer is below 11 years of age or has exceptional circumstances.

**Performance 2 squad** is designed for several groups of people:

- Those who are working towards Perf1 but they are younger and cannot handle 10hrs of intensive work each week with Perf1.
- Those swimmers who want to remain competitive up to club/county level but for various reasons cannot commit to the Perf1 hours.
- Any Perf1 swimmers who have arranged with the head coach to swap to Performance2 for a while due to short term circumstances (exams etc.)
- Performance2 squad has 4.5 hrs of core sessions and the majority of Perf2 swimmers will be expected to do these sessions. However these hours may be made from other joint sessions depending on individual circumstances.
- Some Perf2 swimmers will extend their hours through joint sessions as they progress. In this way it is possible for swimmers in Performance 2 to be swimming up to 9.5 hours per week.
- All Performance 2 swimmers must agree to swim competitively for the club if selected and also to enter specific Key Open Meets during the year as identified by the club.

**It very important to note that Performance 1 and Performance 2 squads will follow exactly the same training cycles and generally compete in the same open meets etc.**

**The only differences between Perf1 and Perf2 are:**

- the length of sessions in Perf2 are shorter at 1:5 hours instead of 2 hours
- The rest intervals in perf2 will be slightly longer and the intensity will be a little lower. For example instead of say doing 30 x 100 going on 1:20 in Perf1, they may do 15 x 100 going on 1:35 (in Holy Trinity) In this way we will match swimmers to the correct sets and ensure they do not get so tired that they cannot finish a set with correct technique.

**Club Squad** is designed for those swimmers of all ages who want to swim between 1 and 3 times per week. Sessions take place at Stourport on three evenings per week (currently Monday, Thursday and Sunday). The sessions will not be easy, and will be challenging for all swimmers irrespective of ability or age. Two of these sessions will be joint sessions with members of Performance2 squad (Mon and Thu).

Although attendance will be tracked in the Club squad, there will be no attendance criteria for the sessions.

In common with all members, swimmers will be expected to take part in competitions when selected.

### **The relationship between Club Squad and the two Performance Squads is pivotal**

- Swimmers have initially been placed in the club squad because they want to, or can, only swim about three times per week. The ability of the swimmer was only a secondary consideration. In fact some of the fastest swimmers in the club are in the Club Squad.
- Swimmers may interchange between the Club and Performance sessions as their circumstances change by agreement with the head coach.
- The Monday & Thursday sessions are joint sessions with Perf2. So they follow exactly the same session plan and intensity. i.e.
  - Monday is mainly a freestyle Endurance Session (A2 level) covering approx 2500-3000m
  - Thursday is a technical and sprint session (Speed) covering approx 2500m
- Sunday is a General Endurance Session on all strokes covering approx. 3000m
- This gives a well-balanced weekly program of around 5 miles of training.
- Swimmers in the Club group can attend the Tue/Wed morning sessions at Holy Trinity if they wish to increase their hours to 6 per week. Please talk this over with the head coach beforehand.

**In summary** the three squads (Perf1, Perf2 and Club) are tightly integrated and work together very closely

- Performance1 swims between 10 and 13 hours per week
- Performance 2 swims between 4.5 and 9.5 hours per week
- Club squad swims between 3 and 6 hours per week.

In this way we are trying to accommodate the needs of as many people as possible.

**Junior Development** is designed for younger swimmers who are being prepared for the Performance2 squad. This is the squad where swimmers learn to build stamina and to harness and build on the techniques learned in the teaching groups. There are 3.5 hours of sessions allocated to Jun Development

**Advanced Group** is the highest of the club's Teaching squads and has two sessions per week each 60min long.

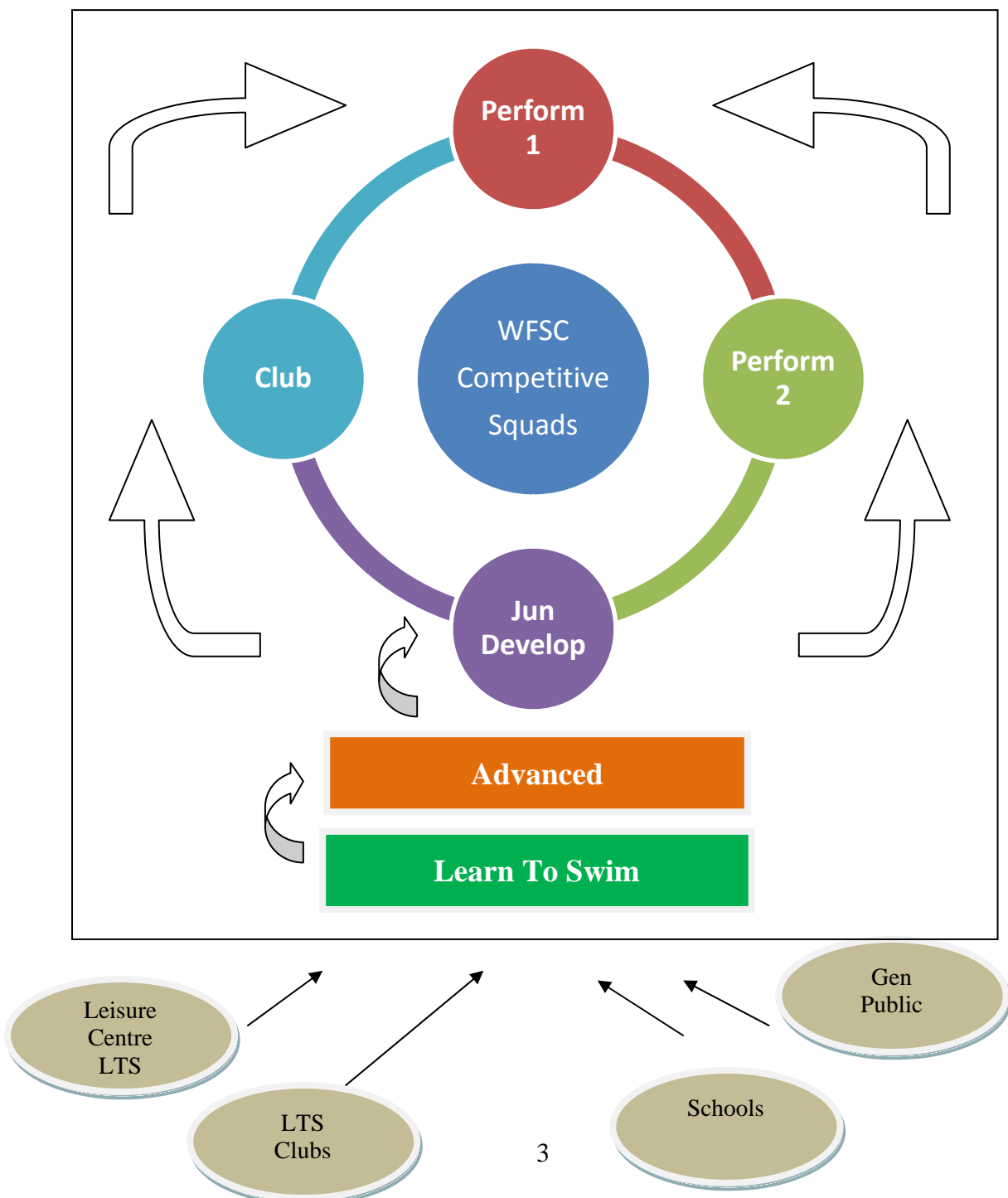
**Learn To Swim (LTS)** follows the National Teaching Plan for Teaching Swimming. Swimmers currently swim 1 session per week. This is the normal route into the club.

Performance 1 and Performance 2 swimmers can only attend the joint sessions by agreement. Where this is agreed these sessions will count towards their attendance requirements.

Swimmers in club group will be considered for movement into either Performance 1 or Performance 2 if they fulfil the attendance and other criteria. This will be done on an individual basis by the Head Coach only.

### WFSC

### Pathway to Success



**THE WEEKLY TRAINING PROGRAMME**  
(this is called a micro-cycle)

Performance 1 and Performance 2 squads follow basically the same training structure.

The table below shows the general type of work that will be done in each session. (See notes below for explanation of codes A1, A2 etc.)

Core Sessions are shown with orange shading. Joint Sessions Perf1/Perf2 sessions are shaded Green. Joint Perf2/Club sessions shaded blue. The distances shown are average distances per session.

	Performance 1		Performance 2	
	Morning	Evening	Morning	Evening
Monday		<b>A2</b> Freestyle 6000		<b>A2</b> Freestyle 2500
Tuesday	<b>A2</b> General Endurance Over-distance IM + Form Strokes 4000	<b>HR Set</b> Either Freestyle or Main Stroke 6000	<b>A2</b> General Endurance Over-distance IM + Form Strokes 3000	<b>HR Set</b> Either Freestyle or Main Stroke 4000
Wednesday	<b>A1-A2</b> General Endurance / Individual Stroke Work 3500	<b>Speed</b> Split Swims All Strokes 6000	<b>A1-A2</b> General Endurance / Individual Stroke Work 3000	
Thursday	<b>Recovery Day</b>			<b>Starts / Turns Sprints</b> 2500
Friday		<b>Race Prep</b> Pace Swims 5000		<b>Race Prep</b> Pace Swims 3000
Saturday	<b>A2/AT</b> General Endurance or Speed 6000		<b>A2/AT</b> General Endurance or Speed 4500	
Sunday	<b>Recovery Day</b>			<b>A2</b> General Endurance or Speed 4000

### Key to Codes

The session types above refer to the type and intensity of sessions carried out. This is a complex subject. The codes themselves are actually called Energy Classifications and are used by many sports including British Swimming.

A1 = low intensity. Generally used for warm ups, Recovery, Skills and Drills

A2 = Basic Aerobic Endurance – Short rest Medium Intensity.

AT = Threshold. Higher intensity than A2

HR = Where the work starts to get very intensive and hard

Speed = Where are looking to build up the ability to swim very fast and maintain it as the swimmers gets tired.

Race Prep = Swims done at or near race pace working mainly on getting pacing right.

**THE BIGGER PICTURE**  
**(this is called a Macro-Cycle)**

Apart from the benefits of learning to swim safely with good strokes, the purpose of training is to get swimmers ready to race fast in specific competitions.

So all training is geared around preparing swimmers for these events. This is the reason we want all our Performance 2 and Performance 1 swimmers to enter the same competitions together.

In a full year there will be approx 8-10 competitions designated as Key Events.

The competitions shown below in **bold** are key competitions between June and Aug 08.

Week	Start Date	Macro Cycle	Theme	Competitions
39	02/06/08	2.01	Speed	<b>Midland Age Groups Coventry (LC)</b>
40	09/06/08	2.02	Speed	<b>Midland Age Groups Coventry (LC)</b> <b>Ross Junior League final – Gloucester (SC)</b>
41	16/06/08	2.03	Endurance	
42	23/06/08	2.04	Endurance / Speed	Nuneaton Junior League – TBA – (SC)
43	30/06/08	2.05	Endurance	County Relays – TBA (SC)
44	07/07/08	2.06	Endurance	Mercian League
45	14/07/08	2.07	Speed/Endurance	
46	21/07/08	2.08	Speed	
47	28/07/08	2.09	Speed	<b>National Age Groups / Youth Champs</b>
48	04/08/08	2.10	HT and Abberley Sessions Only	
49	11/08/08	2.11	HT and Abberley Sessions Only	
50	18/08/08	2.12	Recovery	
51	25/08/08	2.13	Recovery	

For example week No.47 starts on Monday 28<sup>th</sup> July 2008. It is the 9<sup>th</sup> week (09) of Macro Cycle 2 and the main goal of training is to build speed. During that week the main competition is the National Age Groups/Youth Champs (which is a key competition so it is shown in bold)

The new annual training and competition plan begins on Monday 1<sup>st</sup> September 2008. Details will be released in June 08

## DUCKS FOR EVERYONE

To some swimmers this is THE MOST IMPORTANT part of swimming!!!

All key competitions will be designated as “Duck Events”. This means that any swimmer can agree with me a time they are going to do in any particular race in a duck competition.

All times MUST be agreed with the head coach beforehand. There are NO exceptions.

If the swimmer beats the agreed time then they receive one of our converted Ducks kitted out in club colours.

They must name the duck and bring him or her to every training session. When doing kick with a board the duck is attached to kick board as a badge of honour.

When a swimmer has gained 4 ducks (i.e. all 4 are attached via an elastic band to their kick board) they are entitled to miss a session.

All ducks can only be counted once for a free session.

The session missed must be agreed with the squad coach beforehand.



*(a naked duck)*

Only times done in key designated duck events count for duck awards.

Only races of 100m or more count for duck events.

(Surely a duck’s life is worth more than the 15-30sec a 25 or 50m race takes)

**“Remember folks – A duck is not just for Christmas a duck is for life”**

## **SWIMMER'S CHARTER**

### **All Performance 1 and Performance 2 swimmers agree to the following:**

- Achieve the required average training hours for their allocated squad. Averaged over a 12 week period
- Arrive at the pool with sufficient time to allow them to change and be ready to start the session on time
- Swimmers must use the toilet before the start of the session
- Always try to the best of their ability on every swim in every session
- Complete all tasks set during each session – without question
- Encourage and support teammates in all club related situations

### **In addition to the above the following rules also apply**

- Swimmers must be ready to start the warm up together
- Swimmers must complete all swims without stopping
- Swimmers must under no circumstances intentionally interfere with any other swimmers during a session
- Swimmers must not talk or distract other swimmers or themselves while coaches are giving instructions
- Swimmers must begin on the appropriate start time for that set
- Swimmers must inform a coach if they wish to leave the poolside for any reason
- Swimmers should not communicate with parents directly during a session

### **+++ Important +++**

Under no circumstances will any horseplay or fooling around be permitted in the pool, changing rooms or elsewhere within the grounds of any facility the club is hiring or attending.

Any person proved to have broken this rule will not be permitted to train with that group in future and may be liable to action through the ASA or Club's Code of Conduct.

## **PARENTS GUIDELINES**

Coaching a squad training session successfully is a difficult thing to do. Parents, please help your child, other swimmers and the coaching staff to achieve best results by:

- 1) Ensuring your child arrives in time to be on poolside ready to swim at the start of each session (i.e. don't come late)
- 2) Your child arrives to every session with all the correct equipment. This includes:
  - a. Fins
  - b. Drinks Bottle(s)
  - c. Pull buoy
  - d. Kick Board
  - e. Wet Board (Where Applicable)
- 3) Not coming onto the poolside at any time
- 4) Not distracting the coaches during or immediately prior to a session
- 5) Not trying to coach your child from the balcony

Please also ensure:

- the membership secretary has all up-to-date information (address, phone number, etc).
- that you check the notice board EVERY SESSION
- that if you need to speak with coaches that you do so after the session. If another session immediately follows, please make an appointment to speak to the coach.
- coaches will only talk to parents about their own children
- that all enquires relating to squad movements/session allocations etc. are made through the squad coach in the first instance or the head coach if they are unavailable.

All parents will be given the head coach's mobile number and email address and are very welcome to call or email if they need any further advice or to discuss anything related to their child's swimming.

**I will place regular updates on the club forum in the "Sessions" section so please check there for more information, guidance etc.**

**Thanks**

**John**