

Alsager Bridgestone A.S.C Swimming Policy

Aims

Alsager Bridgestone ASC is a non-profit making organisation dedicated to the improvement and progress of competitive swimming. We aim to encourage and develop good sportsmanship, individual integrity, team spirit and provide an environment in which swimmers can realise their full potential at all levels.

Methodology

- Developing a club structure and policy that gives more swimmers the opportunity to train and meet their full needs.
- To build on our present standards by improving performance levels.
- Identify key areas for improvement, raise standards and implement strategies and initiatives.

Achieve the above points by: -

1. Develop our present coaching team, through CPD.
2. Work with the Borough Council to raise the profile of swimming in the borough, by working closer with their teaching programmes.
3. Foster links with other swimming clubs, South Cheshire Aquatics Performance Squad SCAPS, North Midlands Association, Cheshire County Swimming Association and Swim Northwest.

Squad System, Training and Competition Policy

As the clubs Head Coach I have developed a club-training programme which builds on the already sound base which exists within the club. This will help in maximising the clubs potential for success at a higher level.

Swimmers parents and coaching staff should make every effort to commit and support the aims and objectives set down in this policy.

Squad system

The purpose of this document is to provide information and guidance for all those people involved in the club's training programme, as well as a set of guidelines for training, competition organisation and swimmer selection.

The club will provide a training programme designed to meet the needs of those set out in the Swim 21 objectives. Using the Long term Athlete Development framework will help give individuals the opportunity to achieve optimal training and competition. It will help in achieving an effective training environment and is as much about health and enjoyment as it is about identifying and developing talented swimmers.

Disabled swimmers

The club focuses on a swimmer centred approach and puts the swimmers needs first, regardless of their ability. It is the clubs policy to integrate disabled swimmers into

the mainstream swimming groups. Swimmers ability will be assessed to determine which group would be appropriate to meet their needs.

Classification

Classification is used in sport for disabled people to describe the process by which participants are evaluated in relation to their impairment and allocation to a specific competition band or class.

Swimmers in the early development groups will not be classified, but as they move up the competitive ladder, classification will become compulsory for those looking to compete at County, Regional and National level.

Introduction of a squad system will bring the following benefits.

- Encourage swimmers, whatever their talents and motivation to achieve their full potential.
- Will establish a clear development pathway
- Help achieve the squads goals and targets
- Identify the level of swimmers within the programme
- Meet swimmers individual needs
- Create a better training environment
- Swimmers will be able to obtain technical skills appropriate to their competition needs.

The programme aims will not only develop swimmers individual skills but also develop a number of personal attributes required for them to compete at a higher level, such as self-confidence, self discipline, mental strength, maturity to accept advice and constructive criticism and the ability to work with other swimmers and team members.

To enable the club to deliver the best possible training programme it is a necessary to supply a set of guidelines.

These guidelines are a set of rules based on commitment and discipline, with each squad having its own level of expectation as defined in squad definition sheets.

Within the programme any swimmer moving will be at the discretion of the squad coach on behalf of the Head Coach. This will ensure that the required standard in each squad is maintained.

Explanations as to why a swimmer has been moved can be expressed verbally or by letter if requested.

The Head Coach may, at his discretion but with reasonable justification, authorise movements that do not comply strictly with the entry criteria.

Entry into the squad for individuals who have not moved through the clubs development programme will be at the Head Coach's discretion.

Attendance expectations and squad criteria can be found on the website under squad system.

Training Sessions

The responsibility of the club-training programme is that of the Head Coach, liaising with the respective Assistant Coaches

The aim of training is to provide members with the opportunities to progress through the programme, from early development to participation within the training squads. During that time they will learn the fundamentals of physical and mental training needed to help them compete at a higher level.

Swimmers should conduct themselves in a proper manner and behave reasonably and in a manner that shows respect for other swimmers when training or competing in competition.

Swimmers should undertake their training and competition programmes to the best of their ability.

Organisation

Swimmers should: -

1. Make every effort to be on the pool side early to perform stretching exercises
2. Inform the squad coach at the start of the session if they need to leave the session early.
3. Conduct themselves in a safe and proper manner and adhere too pool safety regulations.
4. Inform the squad coach of any medical problems, which may affect their swimming.
5. Main squad to complete logbooks weekly.

In the pool

1. Swimmers must complete a training set before going to the toilet

2. Swimmers must have permission from their lane coach before going to the toilet
3. Using of drinks bottles is an integral part of a training session but must only be used between sets or during rest periods
4. Train at the intensity required.
5. Make transition into stroke when starting in the water
6. Execute all turns correctly.
7. Use correct finish on all stroke
8. Swim down after all sessions
9. Try and execute all technical skills correctly (Practise makes Perfect)

Competition Aims

The clubs competition programme will contain a cross section of events designed to provide the opportunities for swimmers at all levels to participate.

To achieve this balance the club needs to participate in a balanced number of team events and a selection of varying standard of open meets.

The club will presently remain members and compete in the following leagues: -

- Arena League
- Peak & Plains League

Make access available to the following Championships: -

- North Midlands Championships
- Cheshire County Championships
- North West Region Championships
- Nationals

As well as participating in the above leagues the club's policy is to issue and accept invitations to trophy, friendly and junior galas. This will ensure swimmers who want to compete in a representative team have the opportunity to represent the club.

The clubs policy on open events is to identify a range of events designed to provide opportunities for those swimmers to compete according to their competition status.

We will aim to make information available (via notice boards & club website) on various levels of competition, allowing swimmers and parents the opportunity to assess the competition standard, cost, venue and date.

The Head Coach/Junior Coach will advise on the standard of competition in which individual swimmers may compete, subject to entry times, type of competition, and at what point they are within the training cycle. Swimmers in the Black squad will be encouraged to compete in some competitions while still in the middle of a main training cycle. Responsibility for the operation of competition is with the Competition Secretary's in conjunction with the Head Coach and Swimming Secretary.

Swimmers must make every effort to attend club galas if selected. Swimmers have responsibility to inform their coach of their non-availability and subsequently any illness or injury promoting their withdrawal from competition. Coach contact numbers will be made available.

Withdrawal from a race will not be acceptable unless a good reason is given and has been cleared with the coach.

Club colours and swim hats to be worn at all galas, in order for swimmers to be identified as to which club they are representing.

Selection

The aim of the selection policy is to provide the opportunity for all swimmers wanting to represent the club in team or open competitions whether at district level or at level 1, 2, and 3 graded meets

Selection for Team or individual galas will have to observe any rules that may be laid down by league or gala promoters, such as age, maximum number of swims per competitor standard of gala (i.e. graded galas with cut of times or meets requiring qualifying times)

Team selection will vary according to the events in question. It will be the policy of the club to give priority to selection of the best eligible team in the Arena league while conforming to rules in the Peak and Plains league.

Responsibility for team selection rests with the Head Coach or Assistant coaches depending on gala standard.

It is the club's policy to encourage as many swimmers as possible to enter the club championships, subject to entry conditions.

It is up to the swimmers and their parents to decide whether to accept an invitation to represent the club in team galas or open events, however as a competitive Swim 21 accredited club we would expect you to support the club in their quest for success.

Parents or swimmers who have a problem with team selection have a right to an explanation however other swimmers' position will not be discussed. Time will be made available for them to discuss these problems with the relevant Team Manager or Head Coach, or a written explanation will be supplied on request.

Role of the Parent

Support of all parents is paramount to a swimmers development and success in swimming.

Parents should: -

- Guard against exerting undue pressure on their child.
- Help to create an environment where children feel comfortable with their own swimming ambitions.
- Encourage their child to set positive and realistic goals.
- Congratulate them on success but be there and provide support and sympathy when required.
- Always be positive and have an optimistic attitude towards their child's swimming.

Enjoy your child's Swimming