

BOBCATS

## Senior Performance Squad

### Lead Coach: Ian Spencer

Senior Performance Squad is multi-year training and competition programme, suitable for athletes aged 13 and above and/or those with a high level of physical and emotional maturity who are prepared to make a long-term training commitment.

The aim is to ensure that athletes have the required base of skill and physical fitness to make significant progress aged 16-18 years.

Training and competition are periodised to target peak performance at specific times of the season. This form of training is required for any athletes aspiring to compete at national level and above but demands great resilience to continue training and racing through periods of tough work. Clear goals and an athletic lifestyle outside of the pool become increasingly important at this stage.

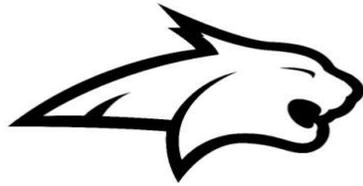
Athletes are encouraged to take more ownership and responsibility for their performances and to act as role models for younger swimmers. Senior Performance Squad is not just about developing great athletes, but also great people with excellent character, determination, and resilience.

### Weekly Schedule

Monday	St Peter's	Pool	5:15am – 7:00am
Monday	Daisyfield	Pool	5:45pm – 8:30pm
Tuesday	Burnley College	Gym	5:30pm – 6:30pm
Tuesday	St Peter's	Pool	7:00pm – 8:30pm
Wednesday	St Peter's	Pool	5:15am – 7:00am
Wednesday	Daisyfield	Pool	7:15pm – 9:00pm
Thursday	St Peter's	Pool	6:00pm – 8:00pm
Friday	St Peter's	Pool	5:15am – 7:00am
Friday (invite only)	St Peter's	Pool	7:00pm – 8:30pm
Saturday	St Peter's	Pool	6:30am – 8:30am
Saturday	Burnley College	Gym	9:00am – 10:00am

A minimum commitment to attend 6 sessions per week is required to ensure athletes have sufficient training time to refine skills and develop a high level of physical conditioning. This cannot be achieved without a combination of morning, evening, doubles, and gym sessions.

Saturday morning pool and gym session is compulsory, this is essential team development time and race preparation ahead of competitions.



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The Friday PM session is by invite only; selected athletes will join in with the Senior Speed Squad session. It is designed to be an additional session and cannot replace attendance at any of the scheduled Senior Performance Squad sessions.

The minimum training commitment doesn't apply during exam periods, athletes should agree a suitable weekly schedule with the coach.

### **Entry Standard**

To join Senior Performance Squad, swimmers will have consistently achieved all Junior Performance Squad progression criteria. Swimmers will normally start in September, January, or April to correspond with new training cycles.

Trials can be arranged for swimmers from other clubs who believe they have the required level of skill and commitment.

### **Competitions**

In line with the British Swimming optimal athlete development framework (OADF) the aim is to offer athletes a range of competition opportunities which challenge them to swim at different levels and to deal with difficult situations.

This includes racing heats / finals, multiple events, pre- and post-race routines, and racing during tough periods of training. An annual schedule of open meets, championship meets, and Team competitions will help provide athletes with these opportunities.

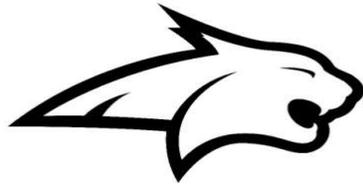
### **Progression Criteria**

Athletes who fully commit to the Senior Performance Squad programme should be in a strong position to progress to University Swim Programmes aged 18.

Managing time effectively is an extremely important skill at this level, Senior Speed Squad offer athletes the opportunity to continue training and competing at a high level without the same demands on time.

Progress will be measured in the following areas:

1. Ability to manage academic, sporting, and social commitments.
2. Ability to achieve peak performance at target meets.



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This is a particularly challenging skill for athletes to develop and can take many years to perfect. It brings together all aspects of training, lifestyle and preparation and is measured through performance at target meets.

3. Improvement in training monitoring sets.

During each training cycle, coaches will use sets to monitor athletes' improvement in stroke efficiency, speed, strength, and aerobic / anaerobic power. Results can be used to help athletes target specific events / distances.