**HAILSHAM SWIMMING CLUB**

**FEEDBACK FROM CONSULTATION EVENT/WORKSHOP**

|  |  |
| --- | --- |
| **How the Club Operates and Communicates** | |
| **Things we do well** | **Things we could improve** |
| Parent consultation/engagement annually  More information coming which is great!  Social events are good  Always good support from coaches and team managers at galas  Training continues during holidays  Ondeck is excellent  Team feed ondeck – good forms of communication  Regular emails etc  Understanding of other outside commitments of swimmers  Gala information well publicised  Notification/minutes of meeting on website | Too many platforms for communication  Not everyone is on Facebook, could improve other social media  Are educational needs considered?  Educate on LTAD  Communication of groups, plans, goals, targets and meets  Better Induction process into the club  Photos on Ondeck  Procedure – clear safeguarding  Flexibility on swimming on different nights  Review social media communication (things get missed)  Publicise social events more  No idea who owns responsibility for my child’s development  Consistent or long term absence not followed up  Celebrate individual achievements  Confusion about arrival times for galas, conflicting information about start times  To communicate more about individual goals  Celebrate all swimmers not just high flyers  Continue to improve help from new members  Remove fear of club events etc  1 to 1 communication – progress/ability  Should my child enter a gala? More details on galas appropriate for certain levels  Parents workshop – nutrition/growth etc |
| I like how we swim for an hour one session, and an hour and a half another day  Always good races  Family club atmosphere  Talking to swimmers more  Encouraging coaches  Telling us when swimming is cancelled  Good amount of meetings  Getting everyone involved  Good commitment  Friendly and caring  Using appropriate terminology | Keep parents updated on how the club is doing, keep information moving  Committee needs to be more accepting; I like it if we can train for Marlins over the 4 weeks off – so be it.  Sort out groups based on Club requirements  More verbal communication  Giving everyone feedback  Other ways than facebook  Competition organisation  Late communication about pool closure  Do what they say they are going to do – land training  More social events  Tell us about upcoming events |

|  |  |
| --- | --- |
| **How the Club Teaches and Coaches Swimming** | |
| **Things we do well** | **Things we could improve** |
| Supportive of swimmers  Enthusiasm for each swimmer  Clear instructions and easy to understand  Good morale  Strong on technique (Masters and youth)  Discipline in and out the pool is a good balance  Very positive and aspirational having older swimmers as coaches  Sessions are varied and well planned  Pool time is about right  Enthusiastic and committed coaches, great to have different coaches to vary it  Making it fun for the swimmers  Good amount of time in the pool  Coach/swimmer relationship – noticeable improvement  Structure, progression and development is good  Develop swimmers at the right pace  Competition support and feedback during galas | Bring back individual training programme  Target for swimmers, what they need to do to improve.  Meet with coaches to discuss targets and goals  More positive feedback on individual swimmers  No rehab training after injury  Staff not chatting – is it about swimmers? Perception of parents  More correction/direct coaching  Psychological impact of not moving group  Motivate swimmers to achieve next level  Ensure technique is instilled into lots of training repetition  Build team spirit  No structured warm down  No swimmer meetings or workshops  Keeping individuals grounded at meets and pool  More consistency on coaching and technique  Improved speed of intervention  More workshops on specific areas such as diving and turns  More 1 on 1 to be offered  No regular or consistent feedback from coaches to parents  Discuss with all swimmers why they are not moving up  Help swimmers with diet and healthy choices  Alternating sessions between stamina and technique  Too much focus on frontcrawl sprinting in performance  Lack focus on underwater phase  Speed of starts and turns  Growth mindset language used with younger children  Know how to get the best out of people mentally  Remember children’s ages  Is too much training a possibility when they are young – don’t want any injuries. |
| Warm up before training  I like how we do relays  Coaches look out for everyone  Coaches are happy  Coaches work us hard  Coaches give out improvements  Coaches make you work hard, but are also very positive  Turning up 15mins early for land training  I like the technique sessions  Adpatability  Good coaches  Good training sets  Coaches getting us to do land warm up  Encouraging  Hydration and nutrition tips  The way sets are explained is good  Work on streamline | Improve communication between coaches  Shorter training sessions  Do not sprint on the warm up or swim down  Actual gym sessions in the gym  Deal with swimmers who cannot behave  Training on Wednesday for performance national swimmers  Make sets fun especially for younger groups instead of doing the same things over and over again  More start and turn practice  Coaches to get to know the swimmers, talk to them and make them involved  Development squad should be coached by the Head Coach but are not  Less pressure from the coaches  Do more focus on distances above 50/100s  More land training, focused gym session especially for top groups  Talk to us about work we can do out of the pool  More technique sessions  Less kick sets  More drill work  No favourites  More lanes – no room in group  More relays for older groups  Less race pace training  Provide additional coaching staff to support  More distance work  Make sets less repetitive  Better understanding of lactic acid and importance of training through  Promote stretching and appropriate warm down |

|  |  |
| --- | --- |
| **Expectations for Behaviour and Attitude of Swimmers** | |
| **Good** | **Bad** |
| Healthy not nasty competition  The way kids care about each other  Punctual  Correct Kit  Clear guidelines  Competition team work  Listening skills  Children allowed to question of unsure  Good level of commitment  Politeness and respect  Positive reinforcement, positive role models | Bad team spirit, on phones no engagement  Foul language in changing rooms  Poor listening  Disrespectful  Younger swimmers can feel intimidated by older swimmers in Performance squad  Established swimmers can be very unfriendly to new children  Poor conduct at competitions to be reviewed |
| Cheer each other on  Team work  Respect each other  Respect your coach  Friendly atmosphere  Always listen to coaches  Complete the set to the best of your ability  Be honest about your ability  Lane etiquette  Get out if you feel unwell  Positive attitude  Willing to learn  Don’t cheat  Appropriate swimwear | Don’t mess around in the water  Actual inforce punishment for being rude and not behaving  Give out 3 warnings and then stop swimmer swimming  Let someone past if they are faster than you  Bullying  Listen to each other  Take the warm up slow and don’t race it  Talking when the coaches are speaking  Swimmers to go of the correct go of times  Bad language  Changing the set to your choice  Moaning about the set  Mental and physical abuse |