

Junior Competitive Squad

Introduction

This squad is for swimmers who:

- a) Want to continue their personal development;
- b) Want to pursue their sport to County Level and above;
- c) Can swim 10 x 100m front crawl with a turnaround time of between 1m45s and 2m00s;
- d) Can swim 6 x 100m individual medley with 30 seconds rest, in accordance with ASA guidelines;
- e) Have the support of parents/guardians.

For swimmers in this squad, parents and guardians are EXPECTED to volunteer in at least one of the following roles: coaching/coach support, officiating, committee, team managing, home meet gala team and IT support.

Entry into the Junior Competitive Squad is by Fareham Nomads' Performance Coach invitation only.

Objectives

All objectives of this squad are in line with the British Swimming's Long Term Athletic Development plan. It is for swimmers who have already achieved Stage 1 (FUNdamental) and have commenced Stage 2 (SwimSkills):

Stage 2 – SwimSkills: Building Technique

Focusing on the young swimmer – learning how to train and develop skills of the sport. Learning basic technical/tactical skills and ancillary capacities, including the following:

1. Develop and improve stroke technique on all four competitive strokes;
2. Learn basic stroke drill progressions on all four competitive strokes;
3. Practice individual medley swimming sets;
4. Learn and perfect starts, turns and finishes on all four competitive strokes and individual medley transition turns;
5. Learn perfect relay takeovers;
6. Independently monitor training by using the pace clock;
7. Complete a well-balanced training programme that includes varied pace swims, basic swimming speed, pacing and over-distance swims;
8. Learn the rules of the sport;
9. Increase the distance covered in training sessions to improve endurance;
10. Participate in club championships and club time trials, using a variety of strokes over a variety of distances;
11. Participate in open meets, local meets and galas at the relevant level;

12. Learn and practice basic stretching and basic bodyweight exercise, including core strength work;
13. Take responsibility for training equipment required at each training session (see list below).

Stage 3 – Training to Train: Building the Engine

A continued emphasis on aerobic conditioning, a greater individualisation of fitness and technical training. Focusing on training rather than competing, with the training predominantly of high volume, low intensity workloads. It is important to emphasise that high volume, low intensity training cannot be achieved in a limited time period, therefore the time commitment to training should increase significantly. There will be specific target competitions undertaken throughout the season, which swimmers in this squad will be expected to compete in. Periodisation of training in the training year will be dictated by the Performance Coach. Swimmers will continue to develop suppleness and strength, land training will include the use of 'own body weight' exercises, light dumbbell and core stability exercises.

If insufficient time is devoted to training in Stages 2 then it is highly unlikely the young swimmer will reach their full potential.

Swimmers are expected to follow ALL aspects of the programme and to conduct themselves like an athlete in all aspects of their daily life.



Junior Competitive Squad

WEEKLY TRAINING SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM							
Time			06:00 – 07:30		06:00 – 07:30	06:00 – 07:30	
Venue			Holly Hill		Holly Hill	Holly Hill	
Land Work			06:00 – 06:10 <i>(poolside)</i> Skip Activate Mobilise Prime		06:00 – 06:10 <i>(poolside)</i> Skip Activate Mobilise Prime	06:00 – 06:10 <i>(poolside)</i> Skip Activate Mobilise Prime	
Pool Work			06:10 – 07:30 SWIM		06:10 – 07:30 SWIM	06:10 – 07:30 SWIM	
PM							
Time	19:20 – 21:00			18:30 – 20:00			17:30 – 19:30
Venue	Fareham Leisure Centre			Holly Hill			Mountbatten
Land Work	19:20 – 19:30 <i>(poolside)</i> Skip Activate Mobilise Prime			18:30 – 18:40 <i>(poolside)</i> Skip Activate Mobilise Prime			17:30 – 17:40 <i>(poolside)</i> Skip Activate Mobilise Prime
Pool Work	19:30 – 21:00 SWIM			18:40 – 20:00 SWIM			17:40 – 19:30 SWIM

Please note that this is a basic weekly schedule. The programme is dynamic and is subject to change, particularly around the Christmas and summer holidays. Also, when open meets occur, training schedules over the affected weekend are likely to change if swimmers from the Junior Competitive Squad are expected to attend.

Additional sessions will be included where necessary and land training is subject to [cycle periodisation](#).

Attendance

There are 7 available sessions and swimmers are expected to attend a minimum of 5 session per week with two early mornings, one of which may be Saturday morning. Swimmers should note that to gain maximum benefit from the programme, they need to be achieving an attendance figure of 85% or more.

Morning Training Sessions

To enable progression, competitive swimmers need to adapt to competing hard and fast during morning heats. To permit adaptation, swimmers should make every effort to attend morning sessions, backing the morning session up with the following evening session (when finals at major championships tend to be held).

Application and Attitude

As stated above this squad is for those who wish to achieve Hampshire County Level swimming. Swimmers must understand that competitive swimming is a training-orientated sport – all Junior Competitive Squad swimmers must apply themselves to each and every training session with a positive ‘can do’ attitude.

Competitions

Each training cycle will be meticulously planned by the Performance Coach. Throughout each planned training cycle there will be a TARGET MEET (licensed by the ASA), which forms the final Mesocycle for that particular training cycle. To needlessly compete outside the final Mesocycle will result in a break to the set programme, which in experience has led to poor performance and often a demoralized swimmer. Competing outside the programme undermines the work set by FN Coaches and is discouraged. Swimmers are to compete at competitions directed by Performance Coach and Club Coach only.

Punctuality

Swimmers should arrive punctually for training and should be enthusiastic to do so. Swimmers should aim to complete each and every session (especially morning sessions) and arrange transport to enable them to do so.

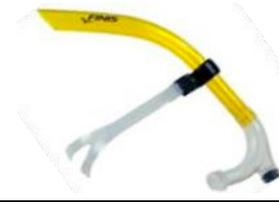
Squad fees

Fees are payable monthly by standing order.

Equipment

At this level, swimmers are expected to have and be responsible for their own swimming equipment. Swimmers should arrive punctually for training with the following equipment properly adjusted and in good working order prior to the start of each session. Please see recommended list below:

Swim Equipment		
Mesh equipment bag		Essential item for keeping all of your equipment together in one place.
Goggles (2 pairs)		Vital equipment for all swimmers! We recommend you have two pairs so you always have a spare pair with you, especially when competing. Prices vary tremendously from as little as £5 for a basic pair to well over £30 for a good racing pair. The important thing is to make sure they are properly adjusted and fit well.
Pull buoy		We use pull buoys to isolate the pull and maintain body alignment on some pull only sets. A small pull buoy is best for junior swimmers. Older swimmers may use a larger one. Please note we sometimes use pull buoys for kick sets also!

Swim Equipment		
Short training fins		We recommend short training fins. Fins that have an ankle strap allow for greater flexibility. Please avoid very stiff heavy fins, longer fins, especially with our younger swimmers.
Swimmer's snorkel		A snorkel is an excellent piece of training equipment as it allows swimmers to focus on technique without worrying about their breathing. It encourages correct body alignment and a still head, snorkels are also ideal for kick sets in a streamlined position.
Nose clip (optional)		Many swimmers find they need a nose clip to use with their snorkels, especially for the younger swimmer learning to use a snorkel.
Small kickboard		Using a kickboard can increase/induce stress on the shoulders, upper and lower spine therefore it is therefore important to buy the right one. Younger swimmers should not use a large kickboard; our coaches always recommend all swimmers use small kickboards.
Alternative small kickboard		Finis have produced the Alignment Kickboard which sits just below the water surface and is said to improve streamline, body position and puts less pressure on the shoulders, upper and lower spine than a standard larger kickboard.
Hand paddles with straps		Strapped hand paddles create resistance in the water. They have holes in them which increase sensitivity and help swimmers develop a feel for the water. For youth and senior swimmers, the added resistance helps to develop strength and power. It is important to buy the right size. Under 15 years should buy small paddles only or finger paddles; remember the larger the paddle the greater the resistance and therefore impact on your shoulder (front cuff rotators).
Ankle band		An ankle band ensures proper isolation of the upper body for pull sets, ensuring greater use of upper body and core muscles are engaged to maintain correct body alignment. Remember pull sets conducted without an ankle band are 'assisted swim sets only'.

Land Equipment		
Roll / Yoga mat		Essential for Land Training, but may also be used for pre-pool work and post swim stretching. (Please note Fareham Leisure Centre studios do have yoga mats available for use.)
Speed skipping rope		Skipping can form part of your pre-pool warm up routine, costs range from as little as £5.

Land Equipment		
Resistance bands (therabands)		These may be used in land training and can be used as part of the pre-pool and post-pool routines as well as medial and remedial work.
Light dumbbells		These may be used in our land training programme. For younger squad members we recommend 0.5-1.0kg dumbbells; for more experienced youth squad members we recommend 1.25-3.0kg.
700ml drink bottle		Essential for ALL swimmers to remain hydrated, older swimmers should consider taking two drinks bottles to training to avoid missing training sets filling bottles.

Additional equipment:

- **Training:**
 - Nomads red swim hat
- **Competition:**
 - Racing costume or trunks, to be worn in races only
 - Training costume or trunks to be worn in warm-up and swim down
 - Nomads dark blue swim hat (to be worn by all swimmers)
 - Nomads dark blue shirt

David Terry, Club Coach

ASA/UKCC L3 Senior Performance Coach

Fareham Nomads Swimming Club