

Performance Squad

Introduction

This squad is for swimmers who:

- a) Want to work hard and continue their personal development to pursue swimming to the highest levels of competition - Regional, Regional Podium, National and National Podium levels;
- b) Have County qualifying times and have the potential to compete at Regional level;
- c) Have been FAST-TRACKED by the Performance Coach;
- d) Can swim an unbroken 24 x 100m front crawl with a turnaround time of 1m45s or less (on entry to the squad);
- 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 Performance Squad is by Fareham Nomads' Performance Coach invitation only.

Coaches: ASA/UKCC Level 3 Performance Coach, supported by Assistant ASA Level 2 and 3 Coaches

Objectives

The objectives of this squad are in line with the British Swimming's Long Term Athletic Development plan. It is for those swimmers who have already achieved Stage 1 (FUNdamental) and Stage 2 (SwimSkills) and who are totally committed to their competitive swimming, working through:

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, and 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.

Stage 4 – Training to Compete: Optimising the Engine!

A continued emphasis on physical conditioning, with the focus on maintaining high volume workloads but with increasing intensity, with a double or triple periodisation of the training year. The squad will focus on developing maximum strength gain through the use of land training, with continued work on core body strength and flexibility.

If insufficient time is devoted to training Stages 3 and 4 then it is highly unlikely that they young swimmer will reach their full potential.

Moving into Stage 5 on physical maturation of the swimmer:

Stage 5 – Training to Win: Maximising the Engine!

The emphasis will be on specialisation and performance enhancement, with a double or triple periodisation of the training year. Swimmers' physical, technical, tactical, mental, and ancillary capacities should be fully established, with the focus now on optimisation of performance. Training will continue to develop strength, develop core body strength and maintain suppleness.

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



Performance 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	06:00 – 07:30	
Venue			Holly Hill	Fareham Leisure Centre	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	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	06:10 – 07:30 SWIM	
PM							
Time	19:20 – 21:00			18:30 – 20:00	18:30 – 21:00		17:30 – 19:30
Venue	Fareham Leisure Centre			Holly Hill	Fareham Leisure Centre		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	18:30 – 19:15 <i>(Studio 2)</i> Dumbbells & core strength conditioning		17:30 – 17:40 <i>(poolside)</i> Skip Activate Mobilise Prime
Pool Work	19:30 – 21:00 SWIM			18:40 – 20:00 SWIM	19:30 – 21:00 SWIM		17:30 – 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.

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

Attendance

The Performance Squad is for swimmers who are totally committed and dedicated to their competitive swimming.

There are 8 available sessions and swimmers are expected to attend ALL of these. Current absolute minimum attendance will be 6 sessions per week, with 3 early mornings. Swimmers should note that to gain maximum benefit from the programme, they need to be achieving an attendance figure of 85% or more. Performance Squad swimmers who do not achieve more than 70% attendance are in danger of being moved to a more appropriate squad.

Fast-Track Younger Swimmers

Due to the age of some of the younger swimmers in this squad (11/12-year-olds), appropriate levels of attendance will be determined by the Performance Coach in consultation with the parent/guardian of the swimmer. Initially, they are to attend the following sessions:

- Sunday
 - Mountbatten – 17:30-19:30
- Monday
 - Fareham Leisure Centre – 19:00-21:00
- Wednesday
 - Holly Hill – 06:00-07:30
- Thursday
 - Fareham Leisure Centre – 06:00-07:30
 - Holly Hill – 18:30-20:00
- Friday
 - Fareham Leisure Centre – 18:30-21:00
- Saturday
 - Holly Hill – 06:00-07:30

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.

Application and Attitude

As stated in **Stage 3 of the Long Term Athletic Development Plan**, attendance and application to training is a key factor in a swimmer's development and ultimate success. This squad is for those who are committed and focused, who wish to pursue their sport to the highest level. This squad will NOT be used as an Aquatic Youth/Social Club, as the ultimate goal for the squad is to produce medallists at South East Region Championships and ASA English National Championships. **Poor attendees WILL be invited to train with another more appropriate squad.**

Exit Criteria

Exit criteria will apply to any Performance Squad swimmer who:

- Demonstrates a bad attitude towards the squad programme, club, coaches, committee and other club swimmers
- Is unable to maintain Performance Squad standards of commitment to training, as agreed with the Performance Coach
- Is consistently unable to maintain Performance Squad competition commitment, as per the squad competition calendar
- Shows no progress towards achieving Performance Squad standards
- Trains at other clubs or seeks additional coaching/technical sessions without the prior approval of the Performance Coach

Competitions

Swimmers are to compete at competitions directed by the Performance Coach only.

Punctuality

At this level, 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!
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.

Swim Equipment		
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.
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. (Please note, light dumbbells only - not 5kg+.)
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