

DRAFT CMK Schedule (1st Oct '18)

| NEW NAME: | Competitive Development Section | | | | Performance Section | | | | Age Group Section | | | | Development Section | | Water Polo | | |
|---|---|---|---|---|--|--|---|---|---|---|---|--|--|--|--|--|--|
| | CD2 | CD1 | P2b | P2a | Sprint | Elite | P1a | P1b | AG1 | AG2 | AG3 | AG4 | Mini Stars | Academy | WP | | |
| | Ag2 | Senior 3 | Sen2 (05s and younger) | Sen 2 (04s and older) | Sen1 (RQT AN) | Sen 1 (NQT) | Sen 1 (RQT AE) | Sen 1 (RQT AE) | AG1 | Junior | Rising Stars/AG2 | Rising Stars | Mini Stars | Academy | Water Polo | | |
| MON | AM PM 4:30-5:30pm Leon | 4:30-5:30pm Leon | on agreement 4:30pm Leon | 5:30-7am 4:30-5:30pm Leon | 5:30-7:30am 5-6:15pm 5ta gym: 6:15-7:15pm | 5:30-7:30am 5-7:15pm 7:15-7:30pm/3ta gym | 5:30-7:30am 5-7:15pm 7:15-7:30pm | 5:30-7:30am 5-6:15pm | 5:30-7pm Leon | 5:30-7pm Leon | | 4:30-5:30pm Leon | 6:30-7:30pm (Wolverton) | 6:30-7:30pm (Wolverton) | | | |
| TUE | AM PM 7:30-8:30pm Leon | 5:30-7am 7:30-8:30pm Leon | 5:30-7am 7:30-8:30pm Leon | on agreement 7:30am Leon | 4:15-4:30pm 6:30-6:45pm on deck | 4:15-4:30pm 6:30-6:45pm on deck | on agreement 4:15pm 3ta | on agreement 4:15pm 3ta | 5:30-7am 4:15-5:30pm 5:30-5:45pm | 5:30-7am | | on agree 7:30-8:30pm Leon | on agree 7:30-8:30pm Leon | | | | |
| WED | AM PM LT | 5:30-7am 6:30-7:30pm | 5:30-7am 6:30-7:30pm | 5:30-7am 6:30-7:30pm | 5:30-7:30am 5:30-6:30pm 5:20-6:20pm | 5:30-7:30am 5:30-6:30pm 5ta gym: 6:40-7:40pm | 5:30-7:30am 5:30-6:30pm 3ta gym: 4:30-5:30pm | 5:30-7:30am 5:30-6:30pm 4:20-5:20pm | 5-7pm Leon | 6-7pm Leon | 5-6pm Leon | | | | | | |
| THU | AM PM LT | 5:30-7am | 5:30-7am 6:30-8pm Leon | 6:30-8pm Leon | 6-8pm Ble 5:45-6pm Ble on deck | 6-8pm Ble 5:45-6pm Ble on deck | 6:30-8pm Leon "some invited to Ble" | 6:30-8pm Leon | 5:30-7am 6:30-8pm Leon | 4-5:30pm 4-4:15pm | 4-5:30pm 4-4:15pm | 4:15-5:30pm 4-4:15pm | | | 8:30-10pm | | |
| FRI | AM PM LT | 7-8pm Ble | 5:30-7am 7-8pm Ble 4:15-5:30pm | 5:30-7am 7-8pm Ble | 5:30-7:30am 4:15-5:30pm | 5:30-7:30am 4:15-5:30pm 3ta gym 5:30-6:30pm | 5:30-7:30am 4:15-6:30pm | 4:15-6:30pm | off | off | off | 7-8pm Ble | 6-7pm (Bletchley LC) | 6-7pm (Bletchley LC) | | | |
| SAT | AM PM LT | | on agreement 3:50-7:50am | 5:50-7:50am | 5:50-7:50am | off | off | 5:50-7:50am | 5:50-7:50am | 6:30-7:50am 8-8:30am | 6:30-7:50am | | | | | | |
| SUN | AM PM LT | 6-7pm | 7-8pm (8pm on agree) | 6-8pm 5-6pm ALT weeks | 6-8pm 5-6pm ALT weeks | 6-8pm / 5-7pm Luton 5-6pm ALT weeks | 5-7pm Luton 4:30-5pm on deck | 6-8pm / 5-7pm Luton 5-6pm ALT weeks | 5-6pm 4-5pm | 5-6pm 6-6:30pm | 5-6pm | 4-5pm | 4-5pm (Stantonbury) | 4-5pm (Stantonbury) | | | |
| Training Hours Available | 4hrs pw | 9hrs approx (12hrs post) | 1.5hrs approx | 1.5hrs approx | 1.5hrs approx | 1.5hrs approx | 2.1hrs approx | 1.5hrs approx | 12hrs approx | 9hrs approx | 6hrs approx | 4.5hrs approx | 3hrs | 1 hr | 90mins | | |
| Commitment Expectation | 4 sessions pw | 6 sessions pw | 8 sessions pw | 8 sessions pw | On agreement with HC | 8 sessions pw | 8 sessions pw | 8 sessions pw | 7-8 sessions per week (6pw in first cycle only) | 5-6 sessions pw (HW to encourage some indivs to do 6) | 4 sessions pw | 3 sessions pw | 2 sessions pw | 1 CMK session pw plus 1 external LTS session | no minimum | | |
| Additional sessions notes | | Swimmers attending all sessions may request additional sessions on agreement or detailed. | | Swimmers may have a personal gym program on request from HC. | Swimmers must commit to personal gym program agreed with HC. Swimmers may be selected to train on Sat/Sunday. | Swimmers must commit to personal gym program agreed with HC. | Swimmers may have a personal gym program on request from HC. Swimmers may be selected to train on Sat/Sunday. | Swimmers may stay in later on Mon or Weds if capable (as defined by HC) to complete the training load. | Swimmers who cannot attend early PM starts will be offered alternatives (eg. Tues PM @ Leon) if space available and content suitable. However this may affect future squad placement. | | | | Swimmers should attend their current LTS and let Lorraine know by email if this is not the case. | | | | |
| Age (end of season) | 11-14yrs | 11yrs plus | 13-14yrs | 15yrs plus | 16yrs plus | 14yrs plus | 13yrs plus | 10-14yrs | 9-13yrs | 8-12yrs | 7-12yrs | 6-11yrs | 5-10yrs | 16yrs plus | | | |
| How does this fit to LTAD? | Training to Train | Training to Train | Training to Train | Training to Compete | Training to Win | Training to Win | Training to Compete | Training to Train | Training to Train | Swimskills and into to Training to Train | Swimskills | Swimskills | Swimskills | FUNDamentals | n/a | | |
| Aims of the group | To support competitive swimmers who enjoy the sport and may be working to higher performance levels. Some swimmers in this group may be balancing other activities. | | To support athletes training and competing at county level. This group is designed to provide a significant proportion of training with swimmers at a higher level to promote further growth. There are also the opportunities that come from leading sessions. | | To support individual needs of athletes to perform in the short, medium and long term at National and International level. | | To support individual needs of athletes to perform in the long term of National and International level. | | To be increasing capable of performing all 4 strokes as well as starting and turning skills. To gradually increase training loads to prepare for future higher speed content whilst maintaining skills. Competition targets are based on developing racing skills and application of skill rather than outcome. | | | To be technically legal on all 4 strokes and 100m IM. To take part in varied internal competition experiences. | | To introduce and develop competition swimming skills whilst maintaining LTS lessons. | | Provide Senior Water polo team training and competition | |
| Performance guidelines | Swimmers should enter local open meets that are circulated by email (see fixtures list). Swimmers who do not compete or who do not train at the standard of the group will be better supported by reduced availability of sessions or within network clubs. | Swimmers should enter local open meets that are circulated by email (see fixtures list). Swimmers who do not compete or who do not train at the standard of the group will be better supported by reduced availability of sessions or within network clubs. | Swimmers in this group are selected by the Head Coach as likely to perform at County level. Swimmers not competing at targeted meets including Counties will be better supported in Camp Dev section. | Swimmers in this group are selected by the Head Coach as likely to perform at County level. Swimmers not competing at targeted meets including Counties will be better supported in Camp Dev section. | Swimmers in this group are selected by the Head Coach as likely to compete at Regional, National or International level. Swimmers not competing at targeted meets or CMK representative meets will be supported in other groups. | Swimmers in this group are selected by the Head Coach as likely to compete at National or International level. Swimmers not competing at targeted meets or CMK representative meets will be supported in other groups. | Swimmers in this group are selected by the Head Coach as likely to perform at Regional or National level. Swimmers not competing at targeted meets or CMK representative meets will be supported in other groups. | Swimmers in this group are selected by the Head Coach as likely to perform at Regional or National level. Swimmers not competing at targeted meets or CMK representative meets will be supported in other groups. | Swimmers in this group are selected by the Head Coach as likely to perform at Regional or National level. Swimmers not competing at targeted meets or CMK representative meets will be supported in other groups. | Swimmers should enter local open meets that are circulated by email (see fixtures list). These meets will be considered when reviewing further progression. | | | Swimmers should enter some local open meets that are circulated by email (see fixtures list). | | Swimmers will have informal sessions | Nil | |
| Cycle 1 Target (Dec) | CMK Xmas Cracker | CMK Xmas Cracker | Hatfield (Dec) | Hatfield (Dec) | Hatfield /Winter Nats (Dec) | Hatfield /Winter Nats (Dec) | Hatfield (Dec) | Hatfield (Dec) | Hatfield (Dec) | Hatfield (Dec) / CMK Xmas Cracker | CMK Xmas Cracker | CMK Xmas Cracker | CMK Xmas Cracker | CMK Xmas Cracker | Regular race practices (formal and informal) in training | | |
| Cycle 2 Target (Mar-Apr) | CMK Spring | CMK Spring | Luton (April) TBC | Luton (April) TBC | British Champs/Luton (Apr) TBC | British Champs/Luton (Apr) TBC | Luton (April) TBC | Luton (April) TBC | Luton (April) TBC | Luton (April) TBC / CMK Spring | CMK Spring | CMK Spring | CMK Spring | CMK Spring | | | |
| Cycle 3 Target (Jul) | CMK Eos & Cambs L3 | CMK Eos & Cambs L3 | CMK Eos & Cambs L2 | CMK Eos & Cambs L3 | Cambs L3/ Summer Championships | Summer Championships | Cambs L3/ Summer Championships | Cambs L3/ Summer Championships | CMK Eos & Cambs L3 | CMK Eos & Cambs L3 | CMK Eos & Cambs L3 | CMK Eos | CMK Eos | CMK Eos | | | |
| Nutrition | 2 litres of fluid each session, balanced healthy diet. | | | | 3 day nutrition diary submitted to HC. 2-3 litres fluid each session. Post training natural Protein consumption, balanced diet. May include body weight assessment. | | | | Bring 2-3 litres of fluid each session, have a balanced healthy diet covering increased energy needs. | | | Bring 1-2 litres water bottle to training, have a balanced healthy diet. | | | Bring at least 1 litre water bottle to training, balanced healthy diet | | |
| Equipment | As across | | | | As across plus training snorkel and large paddles (or finger paddles for FL and BR swimmers) | | | | As across plus training snorkel | | | As across plus medium sized paddles | | | Small Fins, Pull buoy, Kick Board, Spare Hat and Goggles | | |
| Behaviours | Respectful attitude, balanced with other commitments. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal. | Mature attitude, balanced with other commitments. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal. | Respectful attitude, balanced with other commitments. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal. | Mature attitude. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal. | Performance attitude. Limiting external commitments including work. Taking ownership of technical, psychological and physical requirements to perform. Goal setting form necessary. | | | Swimmers should be developing performance behaviour, continuing skill and team awareness under stress of training and competition | | | Swimmers must hold technical skills they have learned at speed and endurance. Swimmers should continue to respect others and enjoy training and racing. | | | Swimmers should come to training and with an enjoyment of swimming training and racing. They should be listening within a large group, respecting team roles, staff, facilities and equipment. | | | |
| Training Content | Aerobic and Speed training | Mix of Aerobic, Speed and Anaerobic training | Aerobic and Speed training | Mix of Aerobic, Speed and Anaerobic training | Anaerobic biased training | Individual need planned with HC | High Aerobic content, freestyle bias mixed stroke approach | Continued skill emphasis with growing aerobic content. | | | Swimmers increase training amounts holding technique | | | Minimal physical training. Content is mainly technical including introduction and increased repetition to set good habits. | | | |
| Land training content | None, swimmers may well have other aquatic or athletic disciplines that support athletic development. | | Mixed Gym and Pool based Circuits including core work and injury prevention. | | Individualised Gym program | | | Mixed Gym and Pool based Circuits including core work and injury prevention. | | | Mixed Circuits including core work and injury prevention. | | | Intro to basic land training. May be doing a range of other sports balanced with swimming training. | | Introduction to pre-pool mobility and stretching. Should be doing a range of other sports balanced with swimming training. | |
| Swimmers squad placement will be based on a Coaching staff assessment of a wide range of variables this may include but not limited to Attendance, Performance level, Training effort, Team ethic, Work ethic, Skill level, Biological age. | | | | | | | | | | | | | | | | | |