



# Poole Swimming Club

Preparing Swimmers. Creating Winners

## County Academy

### Purpose:

To attain qualifying and compete at Swim England South West Regional Championships, meeting the minimum commitment of 4 training sessions for younger and 5 training session per week agreed with the County Academy coaches. Athletes and coaches will target Swim England South West Regional championships and Dorset ASA County Championship Finals.

### Entrance Criteria:

#### Typical Age

- Squad 1: 24 positions are available in for athletes typically aged 12 and above (age as of the end of year, in which the season culminates).
- Squad 2: 24 positions are available in for athletes typically aged 10 and above (age as of the end of year, in which the season culminates).

### Performance Level:

- Top 6 finish at the Dorset County ASA Championships in the previous season in an Olympic Event up to 400m in your age category (age as of 31<sup>st</sup> December)
- Top 4 finish at the Dorset County ASA Championships in the previous season in an Olympic Event up at 800m or 1500m in your age category (age as of 31<sup>st</sup> December)
- Earned Dorset County ASA qualifying times in an Olympic Event up at 800m or 1500m in your age category (age as of 31<sup>st</sup> December)
- Earned Dorset County ASA Regional Consideration times in a Long Course Olympic Event up at 800m or 1500m in your age category (age as of 31<sup>st</sup> December)
- If positions are not filled by the above criteria, further positions will be offered for athletes who have earned 4 Poole Swimming Club Pace Achievement Standard A times (see page 30) in Olympic events including 200m Free and 200m IM.

### Equipment Required:

- Water Bottles x 2 filled prior to session
- Skipping Rope & resistance band
- Sports clothing (club kit) and sports trainers for every session
- Kickboard, Pull Buoy
- Training hand paddles, for strength training
- Short Fins
- Snorkel



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## Academy Personnel

County Squad 1 Coach: Jacob Dunning  
 County Squad 2 Coach: Meghan Corby  
 Strength and Conditioning Coach: Meghan Corby  
 Academy Parent Liaison: TBC  
 Support Coaches: Mark Wozniak

## Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Plan and Prepare Equipment, Travel and goals for the training week ahead			Talbot Heath Pre-Pool 05.15-05.30  Pool 05.30-07.00  Post Pool: 07.00-07.15			Talbot Heath  Pre-Pool: 05:45-06:00  Pool: 06.00-07.30  Sports Hall 07.45-08.30 Strength & Conditioning
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
	Talbot Heath  Pre-Pool 18.45-19.00  Pool 19.00-20.30	Dolphin  Pre-Pool: 17:15-17:30  Pool: 17:30-19:00  Post Pool: 19.00-19.15		Rossmore  Sports Hall 16:35-17.20 <b>Strength &amp; Conditioning</b>  Pool: 17:30-19:00  Post Pool: 19:00-19:15		

- Pre-Pool is time where the athlete can physically prepare for the session ahead through mobility and activation exercises.
- Post Pool is time where the athlete can regenerate and begin the recovery process through eating, drinking and stretching,



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## Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into the Poole Swimming Club Regional Academy.
- Unable to attain the performance level & profile, training or competitive commitment of the squad for whatever reason. In this instance places will be offered in alternative academies.

## A Typical Season's Competition and Camp Expectations

Month	Meet
September	
October	Open Meet- Short Course
November	Open Meet- Short Course
December	Open Meet – Short Course
January	County Champs
February	County Champs
March	Open Meet- Short Course
April	Open Meet – Long Course
May	Open Meet – Long Course
June	Club Championships
July	End of Season Meet – Long Course