



# Poole Swimming Club

Preparing Swimmers. Creating Winners

## Regional Academy

### Purpose:

To attain qualifying and compete at Swim England National level, with total commitment to an agreed training program with the Regional Academy coaches. Athletes and coaches will target Swim England National championships and Swim England South West Regional Championships.

### Entrance Criteria:

#### Typical Age

- Squad 1: 18 positions are available in for athletes typically aged 15 and above (age as of the end of year, in which the season culminates).
- Squad 2: 21 positions are available in for athletes typically aged 12 to 16 (age as of the culminating end of season Summer Meet).

### Performance Level:

- Top 8 finish at the Swim England South West Regional Championships in the previous season in a Long Course Olympic Event up to 400m in your age category (age as of 31<sup>st</sup> December)
- Top 6 finish at the Swim England South West Regional Championships in the previous season in a Long Course Olympic Event up at 800m or 1500m in your age category (age as of 31<sup>st</sup> December)
- Earned Swim England South West Regional Qualifying times in a Long Course Olympic Event up at 800m or 1500m in your age category (age as of 31<sup>st</sup> December)
- Earned Swim England South West 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 finished in the Top 8 at the Dorset ASA County Championships in an Olympic Event.

### 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 and Speed Fins
- Snorkel
- Tempo Trainer (when advised)
- Heart Rate Monitor Polar OH1 (when advised)



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## Academy Personnel

Regional Squad 1 Coach: Chris Neilson  
 Regional Squad 2 Coach: Emma Richards/ Mike Smith  
 Strength & Conditioning Coach: Colette Batten  
 Academy Parent Liaison: Michelle Pope  
 Support Coaches: Martin West

## 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	Canford Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.15		Talbot Heath Pre-Pool: 04.55-05.10 Pool: 05.10-07.10 Post Pool 07.10-07.25		Canford Pre-Pool: 04.50-05.00 Pool: 05.00-07.00 Post Pool 07.00-07.15	Talbot Heath Pre-Pool: 05:45-06.00 Pool: 06.00-08.00 Post Pool 08.00-08.15
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
		Talbot Heath Gymnasium 16.50-17.50 <b>Strength and Conditioning</b> Pool: 18.00-19.00	Talbot Heath Pre-Pool: 16.45-17.00 Pool: 17.00-19.00 Post Pool: 19.00-19.15	Talbot Heath Gymnasium 16.50-17.50 <b>Strength and Conditioning</b> Pool: 18.00-19.00	Talbot Heath Pre-Pool: 16.45-17.00 Pool: 17.00-18.30 Post Pool 18.30-18.45	

- 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,
- Training is prescribed individually utilizing the available sessions.



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## Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into the Poole Swimming Club National 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	Event
September	South West Relays	
October	Open Meet- Short Course Short Course Training Camp	Arena League
November	Local Open Meet – 1 Day	Arena League
December	End of Cycle Meet or Swim England Winter Nationals	Arena League
January	Open Meet- Long Course	County Champs
February	Long Course Training Camp	County Champs
March	Open Meet- Long Course	
April	End of Cycle Meet	
May	SW Regional Champs Long Course Mini- Camp	
June	Long Course Open Meet	
July	Long Course End of Season Meet	Swim England Nationals National Open Water Champs