



POOLE SWIMMING CLUB

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Appendix 4

Poole Swimming Club Senior/ Youth Performance Squad Expectations

The following document outlines the commitment expected in order to achieve National Podium and International success by an athlete. The aim is not to be draconian, but merely points out what is needed for this level of success. The 15 maximum places in the squad will be assessed in January, April and August on an annual basis, where much of the expectations laid out below will be taken into consideration. Athletes may lose their place in the programme if these criteria are not met and maintained. Athletes and/or parents will be involved in discussion with the Head Coach before such measures are utilized. The Head Coach's decision on whether or not athletes are displaying sufficient commitment to the programme will be final.

At Youth age (15+), Athletes in this squad have to consistently show that Swimming is their main commitment outside of academic responsibilities. For athletes in full time education, parents must accept that there will be little opportunity for their children to participate in voluntary/paid jobs or participate in extracurricular activities with their education establishments. Enrichment, fun, time management, team work, goal achieving and discipline are just some of the attributes that athletes will gain in this squad, setting up important life skills.

1. Athletes will only be considered for this squad, based on achieving the qualifying performance criteria as outlined in the 'PSC Squad Information Booklet', along with the coach's judgement on the athlete's:
 - ✓ Long term potential
 - ✓ Ability to commit and attend all prescribed training sessions and commit fully to the competitive programme. (This includes all Pool and Strength & Conditioning sessions)
 - ✓ Coach-ability, contribution to squad dynamics and lifestyle
 - ✓ Personal (and families) communication/ organisation
 - ✓ Signing of the Youth/Performance Squad Performance Lifestyle Agreement.
 - ✓ Signing of the Youth/ Performance Squad expectations and terms agreement.
 - ✓ Will typically be 15 years of age, (by the end of year that the season ends).
2. On acceptance into the squad, the individual athlete in consultation with the coach will be prescribed a competition and training programme. It is expected that all training sessions will be undertaken.
3. PSC will open up lane space in order to fast track younger members, if full lane space is not utilised by Senior/ Youth Performance athletes during any of the training sessions across the week.

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4. At all times athletes (not their parents) at this age should communicate with their coach by writing if they have to miss a training session. There will be little opportunities for Senior/Youth performance squad members to 'catch up' missed sessions, so planning to manage all prescribed sessions is essential.
5. All allocated Strength & Conditioning sessions are compulsory sessions for all athletes at this level.
6. Athletes who sustain an injury must as soon as possible in the first instance discuss with their coach (Pool or Strength and Conditioning), who in the second instance may refer to a Sports Therapist.
7. Athletes carrying an injury or returning from injury who are unable to complete the full requirements of a pool sessions may be allocated alternative sessions/ squads during this period.
8. Athletes shall sign and commit to a 'Lifestyle Agreement' as a Performance athlete with National Podium and/or International aspirations.
9. Athletes will abide by the 'PSC Club Code of Conduct' and the 'PSC Interclub Gala Policy' as outline in the 'PSC Squad Information Pack'.
10. It is preferred that athletes complete and maintain two log books (diary's). The first for training sessions. The second for competitions. This is not essential, but athletes will see this as a way of monitoring their progression. When athletes engage in England or British Swimming programmes, it is expected.
 - ✓ The Training Log book should include set content (both pool and S &C, total session volume, and all recorded set results/ weights).
 - ✓ The competition Log books should also include process objectives, competition results, splits, stroke counts and other feedback from coaching staff.
 - ✓ Log books can be collected in on a regular basis by a member of the coaching staff for review and written comment if requested by the athlete.
 - ✓ Athletes may be asked to bring their log book to training sessions for review when requested by the squad coach.
11. Athletes shall not enter any meets which are not promoted by the coach.
12. All athletes selected for national or regional camps or further competitions through school have to discuss their participation in such events with their coach. This is to ensure achieving desired performances, when required, along with the continuation of training is met.

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13. Athletes in this squad must be available to enter:

- ✓ The ASA South West Relay Competition (Sept)
- ✓ Mid Cycle Short Course Meet (Oct)
- ✓ The ASA South West Winter Short Course Championships (Nov) (If QT's are achieved)
- ✓ The ASA Winter Short Course National Championships/ End of Cycle Christmas Meet (Dec) (If QT's are achieved).
- ✓ A British Champs qualifying meet or Long Course Start of Cycle Meet (Jan/ Feb)
- ✓ Dorset Championships (Feb)
- ✓ Start of Window for Summer Championships (mid cycle) qualifying meet (March)
- ✓ The British Championships (April) or Easter End of Cycle Meet (Mar/ April) (If QT's are achieved)
- ✓ The ASA South West Summer Log Course Championships (May) (If QT's are achieved)
- ✓ End of 'Summer Championship qualifying window' meet (May)
- ✓ Pre-Summer Meets Training Weekend/ Camp or Competition (start of July)
- ✓ British Summer Nationals/ ASA English Nationals/ End of Cycle Meet (July/ August) (If QT's are achieved)
- ✓ All athletes are expected, if selected, to be available to represent PSC in the following events:
 - i. ASA South West Relay Competition (Sept)
 - ii. Relay Competitions at Regional, National or British Championships (British and/or English National Summer Championships)
 - iii. Arena League Rounds 1, 2, 3 + National Final

14. Athletes will not compete for any other team in any League competition without the express permission or recommendation from the Head Coach (15 years & over) or Assistant Head Coach (14 years & under).

15. Athletes will always be in possession of a full complement of necessary and required training equipment at pool sessions, as detailed in the 'PSC Squad Information booklet'.

16. At big competitions, where Poole Swimming Club has arranged accommodation and team managers, it is expected that all athletes stay in the recognized team accommodation and abide by the Code of Conduct. At big competitions athletes, will attend Final sessions & support team members that are in finals unless otherwise directed by the Head Coach.

17. Athletes who do not receive an invitation (or have not qualified) to compete in an individual event in the British and/or one of the Home Nations National Championships (summer) or who are not required to race in a PSC relay team at one of these Championships may be required to move into an alternative coaching squad for the remainder of the season, when the window closes at the end of May.

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18. Swim caps worn in PSC pool sessions and clothing worn in strength & conditioning sessions may not promote or advertise swim Programmes/clubs with whom the athlete has no direct current or historical association.

19. Athletes entering an important period of public examinations or similar circumstances and who feel that their training commitments cannot be met should negotiate such arrangements with the Head Coach (16 years & over) well in advance of the required period. During exam periods swimmers must not cut down by more than 50% of their main programme, higher achievers will find a way to sufficiently manage time to study and maintain their full programme.
 - ✓ If sessions must be dropped the priority is as follows:
 - i. Priority 1 Sessions: Monday PM, Wednesday PM and Saturday AM
 - ii. Priority 2 Sessions: Monday AM, Tuesday AM, Thursday AM,
 - iii. Priority 3 Sessions: Monday AM, Friday AM

20. Families are asked to plan their holidays and breaks around times in the off season. This may differ from time to time each season dependant on target meets for individual athletes. It is going to be inevitable at times that unavoidable big family events will come up. In these circumstances athletes designing a pro-active strategy and communicating with coaches will ensure minimum disruption to training and unplanned adaptations do not occur. In the case of a trip having to be planned please source swimming pool and gym access during the break.

21. Athletes should not attend school trips, visit friends or take small breaks from the programme between the end of the Summer meets qualifying windows (May 31st), up until the National Summer Championships. In cases of statutory work experience, parents and athletes should work hard with companies to ensure completion of their full training can take place. Or better still complete work experience earlier in the season.

Thank you for your time reading the expectations. If you feel you can constantly commit to a performance lifestyle, open doors for studying in the top Universities in the UK, or gaining scholarships to other countries to study, or impressing prospective future employers then welcome aboard. Please read one final piece of advice.

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The constant question for success

To ensure full potential, the question that Performance Athletes should ask themselves on numerous occasions throughout each day when considering a decision, is this:

HOW CAN I MAKE THIS WORK TO BENEFIT MY PERFORMANCE SWIMMING CAREER?

For example, a friend is having an 18th Birthday Party on a Friday night, it is going on all night. But you have an important training session or competition on the Saturday. You ask yourself HOW CAN I MAKE THIS WORK TO BENEFIT MY PERFORMANCE SWIMMING CAREER?

Considerations:

Alcohol: Is of no nutritional benefit and could have a detrimental effect on my training ability. It is a diuretic and may cause me to become dehydrated. It may slow down my nervous system for up to 3 weeks, which means my reaction times and ability to recover quickly may diminish.

Lack of Sleep: This will immediately affect my training the following day, but will likely affect me for the next seven days as I struggle to cope with the missed opportunity to recover during sleep.

Solutions:

I will go for a couple of hours socialise, drink a soft drink. I will still be in bed at 11pm and achieve 6 hours' sleep. I can lay in longer on Sunday and gain 10 hours' sleep, which averages an optimal 8 hours per night.

I will look to invite my friends around to a party in August out of season, where this opportunity to socialise for longer and I can have a drink if I want.

Live life with the attitude that everything is possible, there is always a way.

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