



# Poole Swimming Club

Preparing Swimmers. Creating Winners

## National Academy

### Purpose:

To compete at the highest level with total commitment to an agreed training program with the National Academy coaches. Athletes and coaches will target Senior British Championships (Trials), International Teams, British Summer Championships and Swim England National Championships and Meets.

### Entrance Criteria:

#### Typical Age

- Squad 1 Performance: 15 positions are available in for athletes typically aged 16 and above (age as of the end of year, in which the season culminates).
- Squad 2 National: 18 positions are available in for athletes typically aged 13 and above (age as of the end of year, in which the season culminates).

### Performance Level:

- 1<sup>st</sup> - 44<sup>th</sup> in the British Rankings for a Long Course (50m Pool) Olympic Event up to 400m (50m Free, 100m Free, Back, Breast, Fly, 200m IM, Free, Back, Breast, Fly, 400m Free and 400m IM in your age category. (Age at 31<sup>st</sup> December).
- 1<sup>st</sup> to 33<sup>rd</sup> in the British Rankings for a Long Course 800m or 1500m in your age category (Age at 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 Regional Championships.

### Performance Skills

- Athletes will be assessed on their ability to be coached, offer feedback and work in partnership with coaches to develop and enjoy the journey.
- Attributes from the British Swimming Optimal Athlete Development Framework will be assessed before entry into the squad is granted.

### 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)
- Lactate Pro Testing Machine (when advised)



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## Academy Personnel

Performance Squad 1 Lead Coach:	Barry Alldrick
National Squad 2 Lead Coach:	Jan Hutchings
Performance Squad Strength and Conditioning Coach:	Barry Alldrick
Strength & Conditioning Coach National:	Colette Batten
Academy Parent Liaison:	Tracy Hemmings
Support Coaches:	Phil Looker Mike Smith

## Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wed AM	Thursday AM	Friday AM	Saturday AM
Home  Plan and Prepare Equipment, Travel and goals for the training week ahead	Talbot Heath  Pre-Pool: 04.50-05.00  Pool: 05.00-07.00  Post Pool 07.00-07.15	Talbot Heath  Pre-Pool: 04.50-05.00  Pool: 05.00-07.00  Post Pool 07.00-07.15		Talbot Heath  Pre-Pool: 04.50-05.00  Pool: 05.00-07.00  Post Pool 07.00-07.15		Talbot Heath  Pre-Pool: 05.20-05.30  Pool: 05.30-08.00  <b>S &amp; C 08.00-09.00 Sports Hall</b>
Sunday PM	Monday PM	Tuesday PM	Wed PM	Thursday PM	Friday PM	Saturday PM
	Talbot Heath  Pre-Pool: 16.50-17.00  Pool: 17.00-19.30  Post Pool 19.30-19.40	Talbot Heath  <b>National S &amp; C 16.30-17.30</b> <b>Performance S &amp; C 17.45-18.45</b>  National Swim 17.30-18.50 <b>Performance Swim 18.50-20.00</b>	Home  Stretch Roll Massage Plan Races For Meets	Talbot Heath  <b>National S &amp; C 16.30-17.30</b> <b>Performance S &amp; C 17.45-18.45</b>  National Swim 17.30-18.50 <b>Performance Swim 18.50-20.00</b>	Talbot Heath  Pre-Pool: 16.50-17.00  Pool: 17.00-19.30  Post Pool 19.30-19.40	

- 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.
- Additional Wednesday afternoon sessions may be available throughout the season for swimmers requiring additional sessions.



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## Recovery Massage or Injury Management

For Recovery or Injury management the club use Corinne McCrea of Holistic Sports Therapy and Massage, details can be found on the Poole Swimming Club Website.

## Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into a Swim England Performance Centre or British Swimming National Centre.
- Unable to attain the performance level & profile, training, aor 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	South West Short Course Champs 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 or British Summer Champs	
May	SW Regional Champs Long Course Mini- Camp	
June	Long Course Open Meet	
July	End of Season Meet British Summer Champs	Swim England Nationals National Open Water Champs