

Squad Information (Terms & Aims)

All Squad Terms & Aims have been outlined below, I will have discretion in waiving certain parameters on an individual basis (this will only be done in exceptional circumstances). These Terms & Aims have primarily been pulled together using a specific framework that has been developed by the coaches at Amersham & Chesham from British Swimming's New Optimal Athlete Development Framework (OADF) - whilst these attributes cover a lot of areas, we are planning on developing the understanding of what each of these means for each swimmer on a practical level during squad meetings, 1-1 meetings and training throughout the year.

Our aim going forwards is to provide the highest quality training to every level of swimmer whilst also giving everyone the best opportunity to reach their maximum potential. I believe this framework provides the guidance with their squad coach to make this happen.

If you have any questions about any of this document, please don't hesitate to contact me.

Kind regards,
Jason Keeler
Director of Swimming - Amersham & Chesham Swimming Clubs

Kit

Essential

Pull Buoy	Paddles	Snorkel
Fins	Drinks Bottle	Resistance Sponge/Parachute
Thera-Band	Gym Mat	Foam Roller
Peanut or Ball		

Optional

Board	Tempo Trainer	HR Monitor
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Person Attributes

- Actively engaging in goal setting/ specific weekly goals
- Training&Competition - being able to handle different emotional outcomes
- Application & quality of training/racing skills
- Processes and acts on critical feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Takes ownership over having all the equipment required
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans & race schedule with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
- Being able to execute and understand individual skill progression
- Have & understanding their specific goals
- 15 mins pre pool & 10 mins post pool work
- 80% attendance or above at Landwork
- Showing respect for coaches, teammates & yourself
- Creating & acting on weekly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the weekly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Complete understanding of their race day process
- Engaging with the coach regarding feedback
- Planning the years meet calendar with the coach at the beginning of the season
- Have developed mental strengths & strategies for racing

Training Aims

- Kick Test Set - Sub 3.00 on 200 FS & No.1 Kick - Sub 1.10 on 100 Fly Kick with Fins
- No.1 Test Set (2 x 200, 2 x 100, 2 x 50) - Improve by at least 5% over the season
- 40 x 100 FS Swim @ 1.20/1.25/1.30 - Improve Average 100 Time by at least 5% over the season

Senior Performance

Kit

Essential

Pull Buoy	Paddles	Snorkel
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Fins
Gym Mat

Drinks Bottle
Foam Roller

Thera-Band
Peanut or Ball

Optional
Board

Tempo Trainer

HR Monitor

Person Attributes

- Actively engaging in goal setting/ specific weekly goals
- Training&Competition - being able to handle different emotional outcomes
- Application & quality of training/racing skills
- Processes and acts on critical feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Takes ownership over having all the equipment required
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans & race schedule with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
- Being able to execute and understand individual skill progression
- Have & understanding their specific goals
- 15 mins pre pool & 10 mins post pool work
- 80% attendance or above at Landwork
- Showing respect for coaches, teammates & yourself
- Creating & acting on weekly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the weekly specific goals
- Comprehensive understanding of No.1 technique & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Discussing & understanding the meet calendar with the coach throughout the season
- Developing mental strengths & strategies for racing

Training Aims

- Kick Test Set - Sub 3.30 on 200 FS & No.1 Kick - Sub 1.20 on 100 Fly Kick with Fins
- No.1 Test Set (2 x 200, 2 x 100, 2 x 50) - Improve by at least 5% over the season
- 30 x 100 FS Swim @ 1.30 - Improve Average 100 Time by at least 5% over the season

Intermediate Elite

Kit

Essential

Pull Buoy
Fins
Gym Mat

Paddles
Drinks Bottle
Foam Roller

Snorkel
Thera-Band
Peanut/Ball

Optional

Board

Tempo Trainer

HR Monitor

Person Attributes

- Actively engaging in goal setting/ specific weekly goals
- Training&Competition - being able to handle different emotional outcomes
- Application & quality of training/racing skills
- Processes and acts on critical feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Takes ownership over having all the equipment required
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans & race schedule with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
- Being able to execute and understand individual skill progression
- Have & understanding their specific goals
- 15 mins pre pool & 10 mins post pool work
- 80% attendance or above at Landwork
- Showing respect for coaches, teammates & yourself
- Creating & acting on weekly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the weekly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Complete understanding of their race day process
- Engaging with the coach regarding feedback
- Discussing & understanding the meet calendar with the coach throughout the season
- Have developed mental strengths & strategies for racing

Training Aims

- Kick Test Set - Sub 3.30 on 200 FS & I/M Kick - Sub 1.15 on 100 Fly Kick with Fins
- I/M Test Set (2 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 30 x 100 FS Swim @ 1.25/1.30/1.35 - Improve Average 100 Time by at least 5% over the season

Intermediate Performance

Kit

Essential

Pull Buoy

Fins

Gym Mat

Paddles

Drinks Bottle

Foam Roller

Snorkel

Thera-Band

Peanut/Ball

Optional

Board

Tempo Trainer

HR Monitor

Person Attributes

- Actively engaging in goal setting/ specific weekly goals
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- Creating & acting on weekly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the weekly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
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- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Discussing & understanding the meet calendar with the coach throughout the season
- Developing mental strengths & strategies for racing

Training Aims

- Kick Test Set - Sub 3.45 on 200 FS & I/M Kick - Sub 1.20 on 100 Fly Kick with Fins
- I/M Test Set (2 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 25 x 100 FS Swim @ 1.35 - Improve Average 100 Time by at least 5% over the season

Junior Elite

Kit

Essential

Pull Buoy

Fins

Gym Mat

Paddles

Drinks Bottle

Foam Roller

Snorkel

Thera-Band

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific weekly goals

- Training&Competition - managing nerves & stressful situations
- Application & quality of training/racing skills
- Processes and acts on critical feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Takes ownership over having all the equipment required
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans & race schedule with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
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- 80% attendance or above at Landwork
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- Creating & acting on weekly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the weekly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Discussing & understanding the meet calendar with the coach throughout the season
- Developed coping strategies for races on race day

Training Aims

- Kick Test Set - Sub 3.45 on 200 FS & I/M Kick - Sub 1.20 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 25 x 100 FS Swim @ 1.30/1.35/1.40 - Improve Average 100 Time by at least 5% over the season

Junior Performance

Kit

Essential

Pull Buoy

Fins

Gym Mat

Paddles

Drinks Bottle

Foam Roller

Snorkel

Thera-Band

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific weekly goals
- Training&Competition - managing nerves & stressful situations
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- Positive attitude during all meets
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- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Discussing & understanding the meet calendar with the coach throughout the season
- Developed coping strategies for races on race day

Training Aims

- Kick Test Set - Sub 4.00 on 200 FS & I/M Kick - Sub 1.25 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 25 x 100 FS Swim @ 1.40 - Improve Average 100 Time by at least 5% over the season

Inter Competitive

Kit

Essential

Pull Buoy

Fins

Gym Mat

Finger Paddles

Drinks Bottle

Snorkel

Thera-Band

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific monthly goals
- Training&Competition - managing nerves & stressful situations
- Training effectively to develop racing skills
- Listens to feedback effectively
- Ability to Reflect

- Curiosity about their technique and skills
- Makes sure all equipment is packed & ready
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
- Being able to execute and understand individual skill progression
- Have & understanding their specific goals
- 10 mins pre pool & 10 mins post pool work
- 80% attendance or above at Landwork
- Showing respect for coaches, teammates & yourself
- Creating & acting on monthly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the monthly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Awareness of the meet calendar throughout the season
- Developed coping strategies for races on race day

Training Aims

- Kick Test Set - Sub 4.00 on 200 FS Kick - Sub 2.00 on 100 I/M Kick - Sub 1.30 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 20 x 100 FS Swim @ 1.45/1.50/1.55 - Improve Average 100 Time by at least 5% over the season

Junior Competitive

Kit

Essential

Pull Buoy

Fins

Gym Mat

Finger Paddles

Drinks Bottle

Snorkel

Thera-Band

Optional

Board

Person Attributes

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- Training&Competition - managing nerves & stressful situations
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- Curiosity about their technique and skills
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- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans with their coach

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- Punctuality & ready for the session
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- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
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- 20 x 100 FS Swim @ 1.45/1.50/1.55 - Improve Average 100 Time by at least 5% over the season

Competitive

Kit

Essential

Pull Buoy

Snorkel

Fins

Drinks Bottle

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific monthly goals
- Training&Competition - managing nerves & stressful situations
- Training effectively to develop racing skills
- Listens to feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Makes sure all equipment is packed & ready
- Take initiative to start pre pool routine independently
- Taking initiative to discuss race plans with their coach

Athlete Attributes

- Positive attitude and taking feedback onboard
- Being able to complete their skills effectively
- Have & understanding their specific goals
- 10 mins pre pool & 10 mins post pool work
- Showing respect for coaches, teammates & yourself
- Creating & acting on monthly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the monthly specific goals
- Developing understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Aware & understands their race day schedule
- Engaging with the coach regarding feedback
- Awareness of the meet calendar throughout the season

Training Aims

- Kick Test Set - Sub 2.20 on 100 FS Kick - Sub 2.20 on 100 I/M Kick - Sub 1.45 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 15 x 100 FS Swim @ 2.00/2.10 - Improve Average 100 Time by at least 5% over the season

Technical Excellence

Kit

Essential

Pull Buoy

Fins

Gym Mat

Finger Paddles

Drinks Bottle

Snorkel

Thera-Band

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific monthly goals
- Training&Competition - managing nerves & stressful situations
- Training effectively to develop racing skills
- Listens to feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Makes sure all equipment is packed & ready
- Show initiative to take responsible of their own training
- Takes responsible for discussing & understand race plans with their coach

Athlete Attributes

- To show understanding & ability to act appropriately to a situation
- Being able to execute and understand individual skill progression
- Have & understanding their specific goals
- 10 mins pre pool & 10 mins post pool work
- 80% attendance or above at Landwork
- Showing respect for coaches, teammates & yourself
- Creating & acting on monthly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the monthly specific goals
- Comprehensive understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Developing understanding of their race day process
- Engaging with the coach regarding feedback
- Awareness of the meet calendar throughout the season
- Developed coping strategies for races on race day

Training Aims

- Kick Test Set - Sub 4.00 on 200 FS Kick - Sub 2.00 on 100 I/M Kick - Sub 1.30 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 20 x 100 FS Swim @ 1.45/1.50/1.55 - Improve Average 100 Time by at least 5% over the season

Technical Development

Kit

Essential

Pull Buoy

Snorkel

Fins

Drinks Bottle

Optional

Board

Person Attributes

- Actively engaging in goal setting/ specific monthly goals
- Training&Competition - managing nerves & stressful situations
- Training effectively to develop racing skills
- Listens to feedback effectively
- Ability to Reflect
- Curiosity about their technique and skills
- Makes sure all equipment is packed & ready
- Take initiative to start pre pool routine independently
- Taking initiative to discuss race plans with their coach

Athlete Attributes

- Positive attitude and taking feedback onboard
- Being able to complete their skills effectively
- Have & understanding their specific goals

- 10 mins pre pool & 10 mins post pool work
- Showing respect for coaches, teammates & yourself
- Creating & acting on monthly specific goals
- Punctuality & ready for the session
- Stroke/skill goals added to the monthly specific goals
- Developing understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Making sure they use the process at meets to learn & develop
- Aware & understands their race day schedule
- Engaging with the coach regarding feedback
- Awareness of the meet calendar throughout the season

Training Aims

- Kick Test Set - Sub 2.20 on 100 FS Kick - Sub 2.20 on 100 I/M Kick - Sub 1.45 on 100 Fly Kick with Fins
- I/M Test Set (1 x 200, 2 x 100, 4 x 50) - Improve by at least 5% over the season
- 15 x 100 FS Swim @ 2.00/2.10 - Improve Average 100 Time by at least 5% over the season

Academy 1 - 2

Kit

Essential

Pull Buoy

Snorkel

Fins

Drinks Bottle

Optional

Board

Person Attributes

- Actively engaging in goal setting
- Training&Competition - dealing with ups & downs
- Enjoys improving technique & skills
- Listens to feedback effectively
- Curiosity about their technique and skills
- Makes sure all equipment is packed & ready
- Take initiative to start pre pool routine independently
- Knows what races they are doing before they get to the pool on race day

Athlete Attributes

- Positive attitude and taking feedback onboard
- Being able to complete their skills effectively
- Understanding squad goals
- 10 mins pre pool work
- Showing respect for coaches, teammates & yourself
- Acting on squad specific goals

- Punctuality & ready for the session
- Developing understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Aware & understands their race day schedule
- Engaging with the coach regarding feedback

Training Aims

- Focus on technique & skills

Academy 3 - 4

Kit

Essential

Pull Buoy

Fins

Drinks Bottle

Optional

Board

Snorkel

Person Attributes

- Actively engaging in goal setting
- Training&Competition - dealing with ups & downs
- Enjoys improving technique & skills
- Listens to feedback effectively
- Curiosity about their technique and skills
- Carries & has all equipment required
- Take initiative to start pre pool routine independently
- Knows what races they are doing before they get to the pool on race day

Athlete Attributes

- Positive attitude and taking feedback onboard
- Being able to complete their skills effectively
- Understanding squad goals
- 10 mins pre pool work
- Showing respect for coaches, teammates & yourself
- Acting on squad specific goals
- Punctuality & ready for the session
- Developing understanding of all stroke techniques & turns

Performer Attributes

- Positive attitude during all meets
- Aware of their race day schedule
- Engaging with the coach regarding feedback

Training Aims

- Focus on technique & skills