



CASC Training Squads and Criteria

Competitive swimming is a tough sport requiring many hours of dedication in order to maximise any swimmers potential. Natural talent in any sport will only take you so far, it needs to be coupled with hard work to really achieve great things!

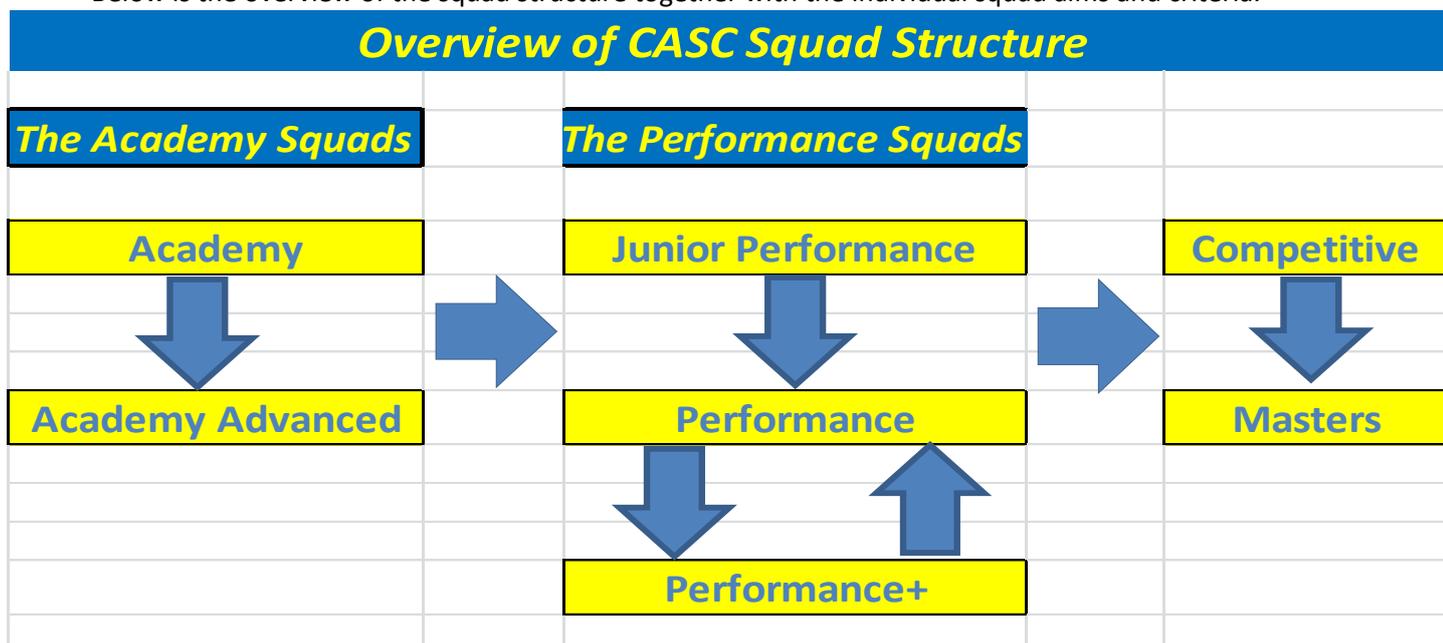
In most cases, attendance and commitment to sessions is the key to success in swimming fast so swimmers at Corby ASC will be always placed in squads that suit their training regimes, and be moved as necessary in order to create the best training culture possible for all members.

Parents have a really vital role to play in supporting athletes in many ways, especially when it comes to ferrying them backwards and forwards to training and particularly when they may have commitments of their own or perhaps where children also have other interests away from the pool – not least their schoolwork! Some squads do require minimum commitment to attendance so it's important that parents can commit to bringing swimmers to these squads sessions as well as the swimmers.

All must understand that competitive swimming is all about the times achieved in races and not about what lane or squad a swimmer trains in! Movement between squads is done purely in the best interests of the swimmer and club as a whole, sometimes involving more training and sometimes less.

CASC have introduced certain criteria for membership of each squad, be it attendance, commitment to competing, or simply on ability in order to have like-minded swimmers in each squad. Mixed groups in terms of ability, commitment and training desires do not work and are simply unfair on individuals with differing goals.

Below is the overview of the squad structure together with the individual squad aims and criteria.



CASC Squad Descriptions and Criteria

1. The Academy Squads

In our Academy section, we have two squads :

- A. Academy.
- B. Academy Advanced

At Corby, we believe in the principal that every child should have the same opportunity to learn to swim and we work hard to be as inclusive and flexible as possible to accommodate every child's needs.

In our Academy Squads we encourage all our children to feel confident, safe and secure and to swim to a high standard. Academy Squads work hard on skills and drills to refine the swimming strokes.

Corby **do not offer 'Learn to Swim Lessons'** but take confident swimmers into the club to progress their four different swimming strokes at appropriate stages depending on the starting ability.

To move up through our Academy squads swimmers will be assessed against coaches progression criteria and as a child progresses through the squads they will be invited to swim at more sessions in a higher squad.

Depending on age and ability, children will also be introduced to competitive swimming through the club's own 'Club Championships', and through our in house Development Galas where they can compete individually.

The coaches will happily advise what events and distances each child should do.

Corby also compete in The Leicester Diddy League where the strongest swimmers in each age group from any of the club squads are picked to represent the Corby. Around 24 clubs compete in a league format with the top six invited to compete at the final each year in Leicester. It's great fun and very exciting!

2. Junior Performance Squad

Junior Performance Squad is made up of aspiring young swimmers who are still learning the skills required to swim fast. The squad train four times per week in the pool plus one land training session.

Swimmers in this squad are expected to attend **3 workouts a week plus the land training session.**

Once they are strong and skilful enough they will then be offered promotion into The Performance Squad where the intensity of the sessions increases. Promotion from Junior Performance is based on attendance and skill levels.

Swimmers in the Junior Performance Squad will be invited to enter relevant Open Meet competitions throughout the year where swimmers will compete for themselves against swimmers from other clubs. It is also expected that swimmers from Junior Performance will qualify for, enter and compete at The County Championships in the events for which they qualify. Coaches will assist on determining which events are suitable.

This is a very important training group as the young swimmer will experience tougher training workouts. This will be combined with more technique work and the skills required to race, such as starts and turns.

Progress into The Performance Squads hinges on acquiring more swimming skills, coupled with the number of sessions that they attend and having the potential and desire to compete at higher levels.

3. The Performance Squads

These are the top training groups within the club – at Corby we have Performance and Performance+ squads.

The Performance+ Squad

Performance+ squad train 12 hours per week in the pool over 6 sessions, plus three land training sessions.

Minimum attendance is 4 sessions per week plus 1 land training session but most swimmers attend all sessions.

The minimum age for Performance+ is 10 years.

Members of this group are prepared to work hard at the sport in order to maximise their ability to compete at the highest level. Skill levels are high and the expectation is that they will gain a Regional or National qualifying time. All Performance+ squad members are expected to enter and compete at selected meets throughout the year as well as at The County Championships – training will be geared towards these competitions. Training is intensive and full commitment to the sport is needed.

The Performance Squad

Performance Squad train 8.5 hours per week in the pool plus 1 land training session.

This squad is made up of either swimmers who cannot commit to the minimum 4 sessions per week required to enter Performance+ but who are regularly competing or those up and coming swimmers who are making progress towards Performance+.

Movement into Performance+ depends on attendance, levels of skill and a determination to succeed.

Minimum attendance for Performance Squad is 3 sessions per week but in order to maximise progress members of this squad should ideally attend all sessions. Swimmers in this group are prepared to work hard at the sport in order to maximise their ability to compete at the highest level. Skill levels are high and the expectation is that they will gain a Regional or National qualifying time. All Performance squad members are expected to enter and compete at selected meets throughout the year as well as at The County Championships – training will be geared towards these competitions.

4. The Competitive Squad

The intense training required to compete at the highest levels in competitive swimming is not something that everyone wants or indeed can commit to. Some swimmers wish to stay fit but perhaps do not want to compete and cannot commit to training as often as others. They still do love to swim, have fun and enjoy being part of a swimming club!

The Competitive squad train in the pool four times per week and swimmers can attend the sessions to fit in with their lifestyle. We want all members to enjoy their swimming, and swimmers from the Competitive Squad are still invited to take part in meets and competitions. The competitive squad still complete a structured but less intense training program although there is no minimum requirement to train or compete.

5. The Masters Squad

Corby has an active Masters section with members consisting of those that want to stay fit and train in a structured way to those that still compete in Masters swimming events, triathlons and Open Water events. The Masters squad train in the pool 4 sessions per week but there is no minimum requirement on attendance.

6. Our Parents and Army of Helpers

Away from the pool many of our parents are involved in the club in the capacity of helpers, officials or coaches. The club runs free training for our volunteers to gain qualifications in swimming as an official and it's a fun way of supporting the club – Corby would not exist without these volunteer helpers.

As a competitive club swimmers can compete in a huge array of competitions and other events and in order to be able to attend these events the club do have an obligation to provide minimum numbers of officials and volunteers.

Our squad of parents are coordinated through The Hub and we'd love to have everyone on board supporting the club and swimmers in any capacity – big or small. Why not help out by becoming a poolside helper, a timekeeper at competitions, a coach or perhaps checking swimmers in and out at competitions.

Swimmer Responsibilities for all squads

What to do:

- Arrive at the session 10 minutes early in order to warm-up correctly before training.
- Pay attention to pre-training instructions and explanations of the set it wastes time for both the coaches and the swimmers if instructions need repeating.
- Keep hydrated and have 2 filled water bottles ready for consumption during training.
- Ensure you use the toilet before the session start.
- Put maximum effort and commitment into your training and set yourself a goal for each session to help you focus on improvement and skill development.
- Be consistent in your training habits and stick to your agreed sessions in order to get the maximum benefit from your training.
- Pay attention to your nutrition and eat the right foods.
- Check the noticeboard on completion of every session for news and information.
- Ensure your email contact address is checked regularly.

What not to do:

- Do not distract other swimmers.
- Do not leave the pool without permission.
- Do not stop during repeats.
- Do not interrupt or argue with the coach.
- Do not depend on parents and others to tell you what to do and take personal responsibility for your training and if you do make a mistake, learn from it and avoid blaming others.
- Do not behave inappropriately.

Lane Etiquette for all swimmers

- Swimmers are allocated to training lanes by the coaches - accept their decisions and train accordingly.
- Remain conscious of where your team mates are in the lane.
- When coming in to turn you must cut across the lane before making your turn and push off straight - do not turn and then push off at an angle as this is dangerous for the swimmer behind you.
- Do not try to overtake someone on the outside between the flags and the wall or within the flags and the lane end - you risk turning on top of each other.
- Do not give way or stop for a faster swimmer - however be considerate to allow a faster swimmer to pass safely.
- Faster swimmers must realise that slower swimmers are trying just as hard as they are and their set is no less important.
- Pulling feet and swimming "over" other swimmers is forbidden.
- One touch ONLY to the foot of the swimmer in front on the side that you are passing can be helpful.
- Do not swim on another swimmers' feet - this is annoying and disrespectful to that swimmer.
- Do not swim in the middle of the lane - this is the area to be used for passing and is also the extra space needed for the extra inches of the arms and legs of breaststrokers and flyers.
- Remember to move to the lane edge when you complete a swim to allow other swimmers behind you to turn or finish correctly and safely.

Training and Gala Discipline for all swimmers

- Attend all the training sessions as required by the coach. The more you get to, the better you'll become. We expect you to attend the required number of sessions for your squad.
- If you do not attend, you may find it harder to keep up in training and more difficult to get promoted.
- Be punctual for training sessions and galas.
- Arrive in plenty of time, 15 minutes before the session starts, for a gentle stretching and flexibility routine on poolside before starting swimming.
- If you are late, make your apologies, ask your coach what to do & start your session without interfering with anyone else.
- If you are early to the pool and arrive late for your session, you may be asked not to swim and your parents will be informed as to why. There's no excuse.
- Arrive in a positive frame of mind, ready to train at the level your coach requires
- Bring all your equipment with you - goggles, pull buoys, kick boards, hand paddles, swim fins and water bottles to all training sessions. Please name them and look after them!
- Respect coaches, poolside helpers, officials and other club members.
- Concentrate on what your coaches tell you and do as they ask.
- Coaches are there for your benefit, not their own. They are there to make you a better swimmer.
- With 30 or more swimmers in the pool on some nights, coaches can't always see everything and so you are trusted to do as they ask at all times.
- Please observe and respect the local rules of the various swimming pools we train in, for example no outdoor shoes in the changing rooms. The club is very fortunate to have access to those facilities and would be badly affected if they were withdrawn as a result of poor behaviour by its members.
- Please therefore keep the changing rooms tidy and inform coaches of any problems.
- Please do your best to make yourself available to swim in galas when selected. We are a competitive club with a long history of competing to a high level. We want to swim our strongest team possible.
- Please remember when competing for the club to wear club colours, hats, costumes and T-shirts at all competitions.
- Cheer on your fellow team mates. It gives a good impression of a club that's together as one.
- When you are in the pool, particularly at squad sessions, please remember:
- Accomplish something in every training session. Practice makes perfect.
- The more you put into training sessions, the more you will get out of them.
- What you have missed in practice, you will find difficult to do when it really matters, in a race!
- Winning is not necessarily the goal in practice. Winning is for competition. There are times in practice when other things such as technique or training correctly at the right intensity are more important.
- There are no shortcuts to success. If you cheat by taking shortcuts such as missing out sets, not taking the required rest, pulling on the lanes ropes, missing out on correct turns, turning before the end of the pool, walking the first and last few metres of every length in the shallow end; you are only cheating yourself and letting yourself down.
- Pace yourself properly, do all the repetitions your coach asked for, and take the rest your coach requires, no more and no less.
- Finish each length correctly. Swim hard into the wall. Turns are very important. They can make up to a quarter of the race.
- Please make sure you do all the turns correctly and quickly.
- Think about streamlining at all times, it is very important.
- Think about your technique at all times, it is equally important.
- Do it 100 % right, first time, every time. All the time.
- Encourage each other in training to perform to a higher standard when the going gets tough. Drink plenty of fluids during training to avoid dehydration.
- Behave in the manner expected both on poolside at training and particularly at galas.
- Do not interfere with other swimmers in your lane.
- Get on with what you are supposed to be doing and let other swimmers get on with their training.
- If others are faster than you, let them overtake without hindering them. If you are overtaking someone, then overtake properly, not by pulling him or her back. Poor behaviour in the pool will not be tolerated, especially if it affects others.
- Throwing or hiding kick boards, pull buoys, drink bottles etc is unacceptable. Be aware that swimmers consistently interfering with others training will risk being asked to leave the pool.