



Performance Squad

The coaching team have agreed the criteria requirements for the Performance Squad for the 2011 – 2012 season.

The coaches will continue to use each criteria to help them decide which squad each swimmer will swim / train in from September 2011.

The coaching team will continually assess swimmers. Attendance and competition performances will be monitored and recorded and this will form part of the decision making process.

PERFORMANCE SQUAD

- All swimmers must be a competing Regional/National Youth or Senior
- All swimmers **MUST** be able to achieve, at minimum 1 National Qualifying Time. (50m times NOT considered)
- All swimmers must attend a minimum average (to include holidays/illness/injury) of 7 water sessions out of 9 per week, equating to 78%+ attendance during the season.
- Saturday morning Land training sessions will be compulsory unless authorised by the Performance Coach.
- All swimmers must compete in team and open competition agreed by the Head Coach, Performance Coach and the management team.
- All swimmers must have excellent all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers should keep up to date Log Books in line with Swim 21 recommendations and submit them to their coach periodically for review.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Performance Coaches discretion.

PERFORMANCE SQUAD COACHING TEAM
LOUISE ROBINSON (PERFORMANCE COACH)
ANDREW ADDISON





A Squad

The coaching team have agreed the criteria requirements for A Squad be changed slightly for the 2011 – 2012 season.

The coaches will continue to use each criteria to help them decide which squad each swimmer will swim / train in from September 2011.

The qualifying period will be from September 2011 to the end of June 2012. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to gala's (see calendar) will be given. Attendance will be monitored and recorded and this will form part of the decision making process.

A SQUAD – LANES 1 – 3

- All swimmers must be a competing 10 yr old and above.
- All swimmers **MUST** be able to achieve, at minimum 2 North West Regional Qualifying Times. (50m times NOT considered)
- All swimmers must attend a minimum of 5 water sessions out of 7, per week 71% of monthly sessions being the minimum
- Saturday morning Land training sessions will be compulsory unless authorised by the Head Coach.
- All swimmers must compete in team and open competition agreed by the Head Coach and the management team.
- All swimmers must have excellent all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers must keep up to date Log Books in line with Swim 21 recommendations and submit them to their coach at the end of each month for review.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Head Coaches discretion.
- Coaches discretion

A SQUAD COACHING TEAM

STEVE HEAPS (Head Coach)

PAUL DAVISON (Asst. Coach); ALAN HARPER; PAUL BAILEY; STEPHEN DAVISON





A Squad

The coaching team have agreed the criteria requirements for A Squad be changed slightly for the 2011 – 2012 season.

The coaches will continue to use each criteria to help them decide which squad each swimmer will swim / train in from September 2011.

The qualifying period will be from September 2011 to the end of June 2012. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to gala's (see calendar) will be given. Attendance will be monitored and recorded and this will form part of the decision making process.

A SQUAD – LANES 4 – 6

- All swimmers must be a competing 10 – 13yr old.
- All swimmers **MUST** be able to achieve, at minimum 2 North West Regional Qualifying Times. (50m times NOT considered)
- All swimmers must attend a minimum of 5 water sessions out of 7, per week 71% of monthly sessions being the minimum.
- Saturday morning Land training sessions will be compulsory unless authorised by the Head Coach.
- All swimmers must compete in team and open competition agreed by the Head Coach and the management team.
- All swimmers must have excellent all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers must keep up to date Log Books in line with Swim 21 recommendations and submit them to their coach at the end of each month for review.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Head Coaches discretion.
- Coaches discretion

A SQUAD COACHING TEAM

STEVE HEAPS (Head Coach)

PAUL DAVISON (Asst. Coach); ALAN HARPER; PAUL BAILEY; STEPHEN DAVISON



Sprint Squad

The coaching team have agreed the criteria requirements for the Sprint Squad, for the 2011 – 2012 season.

The qualifying period will be from September 2011 to the end of June 2012. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to gala's (see calendar) will be given. Attendance will be monitored and recorded and this will form part of the decision making process.

SPRINT SQUAD

- All swimmers must be a competing 10 yr old and above.
- All swimmers must attend a minimum of 60% of monthly sessions
- All swimmers must compete in team and open competition if selected by the Head Coach and the management team.
- All swimmers must compete in all internal club competitions they are eligible for.
- All swimmers must have good all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Head Coaches discretion.
- Coaches discretion

SPRINT SQUAD COACHING TEAM

STEVE HEAPS (Head Coach)

PAUL BAILEY; JULIE SMITH





C Squad

The coaching team have agreed the criteria requirements for C Squad be unchanged for the 2011 – 2012 season.

The coaches will continue to use each criteria to help them decide which squad each swimmer will swim / train in from September 2011.

The qualifying period will be from September 2011 to mid February 2012. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to gala's (see calendar) will be given. Attendance will be monitored and recorded and this will form part of the decision making process.

C SQUAD

- All swimmers must be a competing 8 - 12 yr old (age as at 30/11/??)
- All swimmers **MUST** be able to achieve, at minimum 1 Lancashire County Qualifying Time.
- All swimmers must attend a minimum of 80% of monthly sessions.
- All swimmers must compete in team and open competition agreed by the Head Coach and the management team.
- All swimmers must have good all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers must keep up to date Log Books in line with Swim 21 recommendations and submit them to their coach at the end of each month for review.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Head Coaches discretion.
- Coaches discretion

C SQUAD COACHING TEAM
PAUL DAVISON (Asst. Coach)
JULIE JACKSON; PAUL HANDS





D Squad

The coaching team have agreed the criteria requirements for D Squad be unchanged for the 2011 – 2012 season.

The coaches will continue to use each criteria to help them decide which squad each swimmer will swim / train in from September 2011.

The qualifying period will be from September 2011 to mid February 2012. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to gala's (see calendar) will be given. Attendance will be monitored and recorded and this will form part of the decision making process.

D SQUAD

- All swimmers must be a competing 7 - 11 yr old (age as at 30/11/??)
- All swimmers (9+) MUST be able to achieve, at minimum 2 North Lancashire Qualifying Times.
- All swimmers must attend a minimum of 80% of monthly sessions.
- All swimmers must compete in team and open competition agreed by the Head Coach and the management team.
- All swimmers must have good all round technical abilities and skills.
- All swimmers must have the ability to cope with training demands of the squad.
- All swimmers must keep up to date Log Books in line with Swim 21 recommendations and submit them to their coach at the end of each month for review.
- All swimmers must behave and respect the coaching staff at all times.
- All squad movement and entry acceptance is at the Head Coaches discretion.
- Coaches discretion

D SQUAD COACHING TEAM
STEPHEN DAVISON; PAUL BAILEY
SUE PENRITH; DEBBIE FOX





MDS Squad

This is the first of the competitive development squads. This group is linked very closely to the teaching programme and the swimming squads. All young swimmers should be aiming to be in MDS between the ages of 6, 7 and 8. The emphasis is very much on Stroke Technique and the correct competitive skill development, such as competitive starts, turns and relay changeovers. All swimmers in M.D.S. are expected to attend a minimum of 75% of monthly attendance sessions.

Swimmers in M.D.S. are also expected to compete in any internal & external Competition they are eligible to compete in.

Swimmers in M.D.S. are expected to compete in team competitions if selected.

All squad movement and entry acceptance is at the Head Coaches and coaching team's discretion.

MDS SQUAD COACHING TEAM

IAN PARKER (Lead Coach)

STEPHEN DAVISON



PRE-MDS Squad

Along with MDS this is the first stage of the competitive development squads. This group is linked very closely to the teaching programme and the swimming squads. All young swimmers should be aiming to be in PRE-MDS between the ages of 6 & 7. The emphasis is very much on Stroke Technique and the correct competitive skill development, such as competitive starts, turns and relay changeovers. All swimmers in PRE-MDS are expected to attend a minimum of 75% of monthly attendance sessions.

Swimmers in PRE-MDS are also expected to compete in any internal Competition they are eligible to compete in.

All squad movement and entry acceptance is at the Head Coaches and coaching team's discretion.

MDS SQUAD COACHING TEAM

LOUISE RAINES (Lead Coach)
SUE PENRITH

