** A SQUAD**

**TRAINING SESSION TIMES – EQUIPMENT – CRITERIA**

**ALL BELOW TRAINING TIMES INCLUDE THE PRE AND POST TIMES THAT SWIMMERS ARE REQUIRED TO PARTICIPATE IN.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LEAD COACH – Pauline Gourley** |  |  |  |  |  |  |
| **A SQUAD** |   | **AM** | **PM**  | **TOTAL POOL HRS** | **TOTAL GYM** | **TOTAL POOL SESSIONS** |
| **Monday** | **Gym** |   | **CITY GYM - 6.50-7.50** |   | 1hr |   |
|  | Pool | **NK - 5.25-7.00** | **CITY - 8-9.10** | 2hr 30min |   | 2 |
| **Tuesday** | **Gym** |   | **CITY GYM - 5.30-6.20** |  | 50mins |  |
|  | Pool |   | **CITY - 6.25-8.40** | 2hr |   | 1 |
| **Wednesday** | Pool | CITY - 5.25-7.00 | NK – 5.50-7.40 | 3hr |   | 2 |
|  |  |   |  |   |  |   |
| **Thursday** | Pool |   | CITY - 6.20-8.10 | 1hr 30min |   | 1 |
|  |   |   |   |   |   |   |
| **Friday** | Pool | NK - 5.25-7.00 | CITY - 6.20 – 8.10 | 3hr |   | 2 |
|  |  |   |  |   |  |   |
| **Saturday** | **Pool** | **CITY - 6.20-8.30** |   | 2hr |  | 1 |
|  | **Gym** | **DB - 9-10** |   |   | 1hr |   |
| **Sunday** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
|  |  |  | **TOTAL** | **14hrs** | **2hr 50min** | **9** |

Swimmers in A SQUAD will have gained Qualification for British or Swim England Nationals or be within 5 seconds for the current year.

*(Exceptions will be made at the discretion of the Head Coach).*

There are NINE swimming sessions available to all ‘A SQUAD’ swimmers, totalling fourteen hours with pre and post pool land sessions and 3 gym sessions.

ALL SESSIONS HIGHLIGHTED IN RED ARE KEY SESSIONS AND MUST BE ATTENDED (unless agreed with the Head Coach)

All swimmers will be expected, once given instruction, to carry out a ten-minute pre-pool land warm up at sessions where there is no gym session beforehand and a ten-minute post pool land stretch off using their foam rollers, at each training session. ALL swimmers **MUST** arrive a minimum of five minutes before every session and be ready to commence the gym/land exercises. Swimmers must be pool ready at the start of each training session to maximise the pool time available to them.

Performing the above pre and post pool land warm up and stretch offs will reduce the risk of injury once they are in the pool and prevent muscle soreness post pool swimming.

Swimmers aged 11 – 13 years old must attend a minimum of 7 sessions per week or agreed with the Head Coach.

Swimmers aged 14 years + must attend a minimum of 8 sessions per week.

ALL swimmers **must** attend the 3 gym sessions lead by the qualified instructor. (Unless otherwise agreed with the Head coach)

**Swimmers who turn up late for the gym sessions will not be permitted to participate in those sessions. This is for health and safety reasons.**

**Anyone arriving late for pre-pool and pool swimming sessions need to speak to the session coach before starting the session. Swimmers may be refused entry depending upon arrival time and reason for lateness to establish discipline and show respect to other squad members.**

Swimmers with short training costumes must wear drag shorts/shorts on top of the training suits for all land sessions on the poolside.

When attending the land sessions with the qualified instructor, all swimmers must wear appropriate gym clothing and footwear with swimsuits beneath to reduce wasted time from gym to pool session.

**NO CROCS / SLIDERS / INAPPROPIATE FOOTWEAR, WILL BE ALLOWED**

It is advised for swimmers to shower before entering the pool on the days when the swim session takes place directly after the gym sessions.

Swimmers who swim elsewhere during term time and who swim competitively at British Swimming or Swim England National level, will be welcome to join the A SQUAD sessions after consultation with the Head Coach.

These swimmers will be expected to carry out the pre and post pool criteria set for this group but will not be able to join the designated gym sessions.

Squad movements will take place three times per year, (roughly October/November, February, and June).

Swimmers must attend both long and short course competitions regularly.

If we feel a swimmer is not attending or struggling with any session, we will ask that swimmer for a meeting to discuss their progress. The result of the meeting will either see an adapted training plan or a move to another more appropriate squad.

**ESSENTIAL KIT – MUST BRING TO EVRY SESSION**

* Wet bag.
* Small kickboard.
* Pull buoy.
* Hand paddles (slightly larger than swimmer’s hand, (I would. recommend Finis agility strapless hand paddles or similar).
* TheraBand/stretch band
* Short Training Fins.
* Snorkel & nose clip.
* 1 litre drinks bottle for every training hour.
* Spare hat & goggles (to be kept in wet bag).
* Large Foam Roller.
* Snack for post pool training/gym training.
* Parachute for resistance training.

Pauline Gourley

Head Coach

