

September Squads

'Sharkies' (inc Starfish)

Club Learn-to-Swim Programme.

Stages 1-5 of the ASA national Plan for the Teaching of Swimming (NPTS)

Saturday morning, Progression through the ASA NPTS stages at the required Standard- 1 x 30 minute Lesson per week

Regular attendance needed to complete each stage.

'Starfish'

Stages 6 and 7 NPTS on Wednesday or Friday evenings 1x 30 min Lesson per week. Progression through successful completion of the stages at the required standard, regular attendance is needed to complete each stage.

Fees Payable each Term- usually in 12 week blocks.

Equipment: - Costume (Bermuda shorts are not recommended as they become water logged and make swimming even more difficult.)

Towel and a smile.

Club Costumes/Trunks/Shorts

Hat, Swim bag, T-bag shirts and Hoodies

Available through the Club Shop

Please take an order form or see Chris Siddons

Progression into the Swordfish Squad.

Swordfish

- Age 8—10years +/- 1 year.
- Club Membership and Cat 1 ASA Membership as well as Squad fees
- Stages 8 and 9 NPTS. With progression through stages at the required Standard.—regular attendance will be needed to successfully complete each stage.
- Opportunity to compete in Stockport Mini Meet series, League galas, some lower level open Galas (Cat 2 ASA membership may be required)
Progression to Junior or Tiger Sharks Squads dependent on
- Ability — Completion of the required Standard
- Attendance — Willing or able to attend required Squad sessions
- Attitude — willing and able to complete required sets and training sessions.
- Age —Move On as per Age Standard.

Equipment—Drinks Bottle/bottles, Costume/Jammers, Hat, Well fitting Goggles. and spares. Net bag.

Fins, Hand and/or finger paddles, Kick board and Pullbouv.

Other personal training equipment as required.—white board, heart rate monitor, Logbook.

Club Kit- Costume (club colours encouraged for open. Club Hat, T-bag shirt.

Optional -Hoodies etc.

All available through the Club Shop.

Tiger Sharks Squad

- Age 10—14years (+/- 1 Year)
- Club Membership and Cat 1 ASA Membership, Squad Fees.
- No minimum attendance required -However regular attendance will be needed for progression of skills and fitness, or into higher Squads following the 4As.
- Opportunity to compete in League galas and Club Championships.

Progression to other Squads.

- Will be dependent on required standards being achieved including attendance and attitude.
- Able and willing to train at the required Standard and to the best of their ability at all times.
- And fulfil the age requirements of the relevant squad.

Equipment: - Hat, well fitting Goggles, Drinks bottle, Personal training equipment if wish. Club Clothing and Equipment available through the Club Shop.

Junior Coaching

Junior District/Midland Squad

- Must attend regular Sessions- 3 per week on average
- 10-12 years old +/- 1 year
- Willing and able to attend open galas, Mini Meets (for which ASA Cat 2 may be required.) represent the Club at League Galas when selected to do so.
- Should have a North Midlands Qualifying time, be aiming for a County time and or have Standard times in at least two strokes. (50m or above)
- Willing and able to train to the best of their ability at all times.
- Be able to complete a set of 16-20 x 50m on 75 sec.
- Complete 4 x 100m IM on 2mins/2.30 mins and
- complete an unbroken 200 IM.

Progression to Junior County or Senior Squads.-

- Ability- Achieve required standards.
- Attitude -willing and able to train at the required standard of the squad the swimmer wishes to move into.
- Attitude -Able to attend the required number of regular sessions
- Age—fulfil squad age requirements.

Junior County Squad

- ASA Cat 2—willing and able to represent the Club at Open galas including Mini Meet series. And should compete if qualifying time has been achieved
- Age 10-12 years (+/- 1year)
- Must attend regular sessions, 3 or more per week.
- Have a qualifying time equal to County qualifying time for their age group (last years may be acceptable)
- Should represent the club at League Galas when selected to do so.
- Willing and able to complete a set of 8 x 100 Front crawl on set turnaround times (example: - 8 x100 F/c on 1.40/1.45. Complete an unbroken 200IM. 6-8 x 100m IM)

Progression to Senior Squads

- Ability - Achieve required Standards (set of 8 x 100 F/c)
- Attitude -willing and able to train at required standard
- Age—fulfil squad age requirements
- Attendance—be able to attend regularly required number of sessions
- Or swimmers may move to Senior Club as Necessary.

Equipment—Drinks Bottle/bottles, Costume, hat, goggles and spares. Net bag.

Fins, Hand and/or Finger paddles, Kick board, Pullbouy, available at all sessions.

Other personal training equipment as required.—white board, heart rate monitor, Logbook.

Club Kit- Costume (club colours encouraged for open. Club Hat,T-bag shirt.

Optional -Hoodies etc.

Senior County Squad

- ASA Cat 2 Willing and able to Compete in Open Galas and represent the Club at league Galas when selected to do so.
- Should enter Open galas if the qualifying time has been achieved (6to 12 Galas Per year)
- Hold a qualifying time equal to County Qualifying time (last years time may be acceptable)
- Willing and Able to complete a set of 8-10 x 100 F/c on 1.25/1.30/1.35. 8 x 50 Kick on 60/65/70. 4x200 F/c on 2.45-3.15. Complete an unbroken 400IM. 4--6 x 100 IM on 1.30-1.50.
- Age 12years and over
- Train a minimum of 50% of sessions available at 100% effort.

If a swimmer does not keep the Standards required movement to another squad may be needed to allow others to progress.

- Completion of test sets when required i.e. 3 x 100 IM, 200 timed Kick,
- Ability- to achieve required standards /criteria
- Attitude- Willing and able to complete sessions and sets at required intensity
- Attendance—Average attendance required. Arrive 10 mins early to do mobility. Be on pool deck ready to start the session on time.
- Age Fulfil squad criteria.

Equipment Must Have:- Hand and or Finger Paddles, Goggles ,Costume, Hat etc with Spares, Pullbouy ,Kickboard, Fins, Drinks Bottle /Bottles. Net Bag.

Logbook. Club Kit-Costume, hat, T-bag Shirt.

Optional extras;-Heart rate monitor, Hoodie. Other Personal Training Aids.

Senior Club Squad

- Can train with the senior squad at most sessions, if willing and able to complete required standards and times, and follow squad expectations.
- Must Complete training sets and sessions unless agreed before the session starts
- If you are unable to attend full session Please use Club/Master session on Friday.
- Age 12 upwards
- Standards of behaviour will be expected.
- Should represent the club at galas if selected to do so.

Minimum equipment needed: - Pullbouy. Kick board <fins and paddles may be borrowed. Kit—Goggles, Hat, Costume and spares

Other personal training equipment as required:—white board, heart rate monitor, Logbook.

Club Kit- Costume (club colours encouraged for open. Club Hat,T-bag shirt.)

Optional -Hoodies etc

Masters Club Sessions

- Sessions are available for Masters/ Parent swimmers.
- These can be used by those swimmers not able or willing to fulfil training standards of other Squads.
- For keep fit or as a supplement to other sessions
- However Standards of behaviour will be expected
- Respect for others

A) Other swimmers do not disrupt other swimmers

B) Coaches or Helpers and Lifeguards

Without whom the sessions will not go ahead.

ALL SQUADS

- All swimmers must be fully paid up members of the Club. (Non Members are not covered by Insurance etc.)
- Swimmers must pay the correct pool fee for the squad sessions they attend
By direct Debit (Please contact the Treasurer if Help is needed)
- Swimmers and parents must abide by the Rules of the Club.
- Swimmers should train to the best of their ability at all times.
- Standards of behaviour will be expected
- Respect for all-Swimmers/Coaches/lifeguards/Poolside Helpers/facility Staff.
- Swimmers should have all their equipment available at all sessions
- Swimmers Must have drinks bottles -Full at the start of the session and drink regularly during the session.
- Inhalers on poolside (example;-named in a plastic bag) where coach/lifeguard can access if needed at any time.
- It is the parents responsibility to inform the session coach of any health issues.