

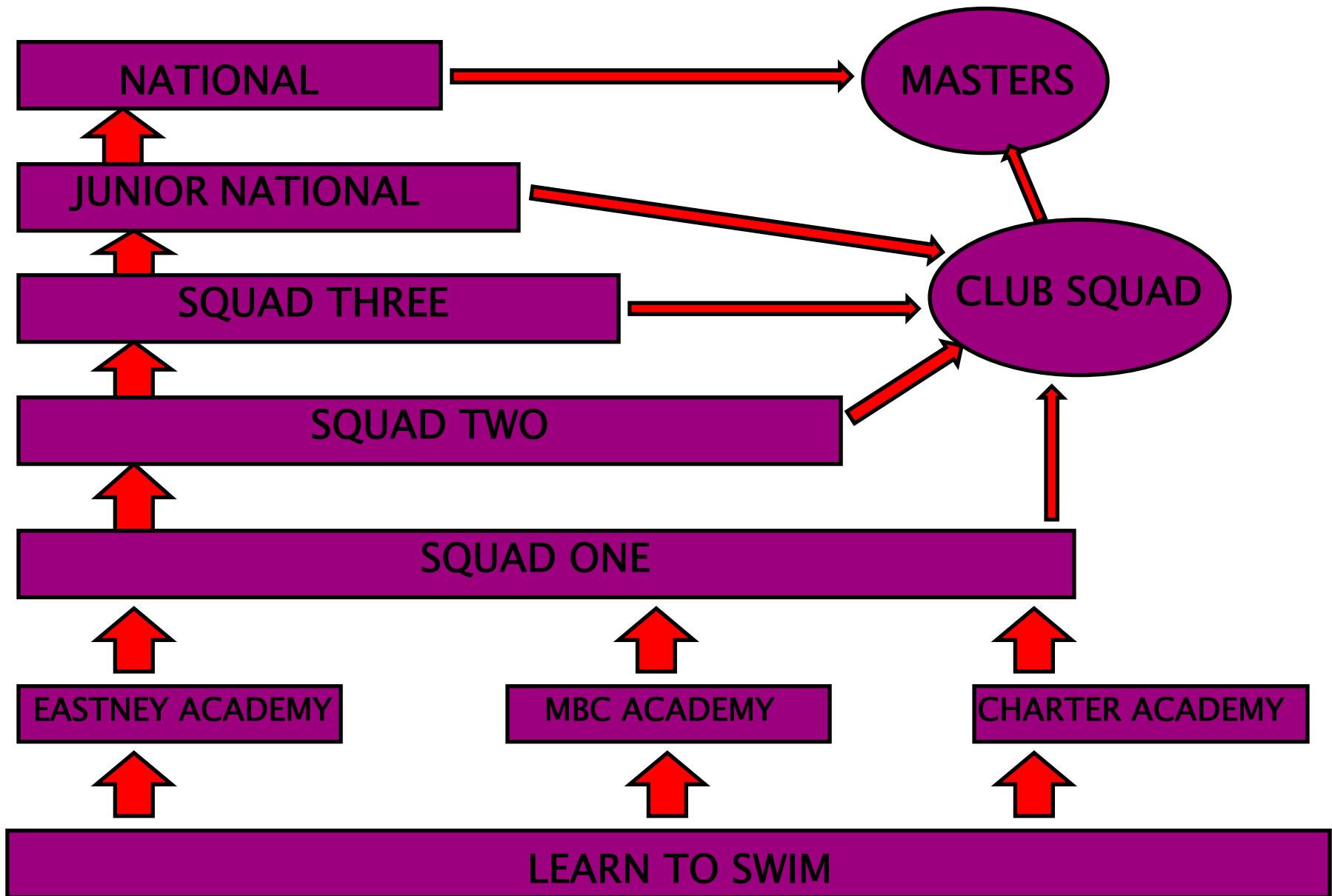
SQUAD RESTRUCTURE

**PORTSMOUTH NORTHSEA
S.C**

REASONS FOR RESTRUCTURE

- ❖ LTAD approach needs to be implemented now to meet the swimmers requirements.
- ❖ Increase revenue
- ❖ Squads to become more competitive
- ❖ Create clear pathways & criteria for each squad

PORTSMOUTH NORTHSEA SC NEW SWIMMING STRUCTURE



THE ACADEMIES

- ❖ REPLACES TADPOLES & LENGTH SWIMMERS IN THE LTS
- ❖ EASTNEY COACHED BY KELLY ATKIN WILL BE ON TUESDAY & THURSDAY 5 TO 5.45 PM
- ❖ MBC COACHED BY LEE BALDWIN WILL BE ON A WEDNESDAY AT 4.00 TO 4.45 PM & SATURDAY AT 5.30 TO 6.15 PM
- ❖ CHARTER ACADEMY WILL BE ON A TUESDAY AT 4.00 TO 5.00 PM WITH THE COACH TO BE APPOINTED SHORTLY

THE ACADEMIES

- THE BASIC ENTRY STANDARD FOR AN ACADEMY IS THE ABILITY TO SWIM COMPETENTLY IN ALL STROKES AND DEMONSTRATING AN APPETITE FOR COMPETITION. THE AIMS OF THE ACADEMY ARE TO DEVELOP SWIMMERS TECHNIQUE, STAMINA AND SPEED AND TO ENCOURAGE THE SWIMMER TO TAKE PART IN THE MONTHLY TIME TRIALS AT MOUNTBATTEN AS WELL AS OTHER LOW LEVEL COMPETITIONS.

SQUAD ONE

COACH: FRANKIE MURPHY

- 3.5 HOURS POOL (3) / 1 HOUR LAND
- TUESDAY 4.00 TO 5.00PM
- THURSDAY 4.00 TO 5.00PM
5.00 TO 6.00PM (LANDWORK)
- SATURDAY 4.00 TO 5.30PM
- ALL SESSIONS ARE AT MBC

SQUAD ONE

COACH: FRANKIE MURPHY

- TRAINING AIMS & OBJECTIVES
-
- CORRECT TECHNIQUE ON ALL 4 STROKES
- BE ABLE TO SWIM 200 IM CORRECTLY
- CORRECT TURNS ON ALL 4 STROKES & IM
- CORRECT STARTS ON ALL 4 STROKES
- RELAY TAKEOVERS
- CORRECT FINISHES ON ALL 4 STROKES
- USING A PACE CLOCK
- RULES OF THE SPORT
- SCULLING & GAMES
- TRAINING IN A GROUP ENVIRONMENT & LANE DISCIPLINE
- PUNCTUALITY
- HAVE ALL TRAINING EQUIPMENT (FINS, KICKBOARD, DRINK BOTTLE, SKIPPING ROPE)
- BASIC STRETCHING EXERCISES
- INTRODUCTION TO LOW LEVEL COMPETITIONS

SQUAD ONE

COACH: FRANKIE MURPHY

- CRITERIA FOR CONSIDERATION OF MOVEMENT TO NEXT SQUAD
-
- SWIM IN CLUB TIME TRIALS & LOW LEVEL COMPETITIONS
- ATTEND ALL 3 TRAINING SESSIONS ON A REGULAR BASIS
- SWIM 200 FREESTYLE WITH BI LATERAL BREATHING
- SWIM 200 BACKSTROKE WITH CORRECT TUMBLE TURNS
- SWIM 200 BREASTSTROKE WITH CORRECT UNDERWATER PULLOUTS
- SWIM 100 BUTTERFLY WITH FINNS, WITH CORRECT TURNS
- SWIM 200 IM WITH CORRECT TURNS
- A COMPETITIVE RACING START
- CORRECT FINISHES ON ALL 4 STROKES
- RESPECT FOR COACHING STAFF
- WILLINGNESS TO LEARN
- GOOD LANE DISCIPLINE
- WILLINGNESS TO SUPPORT TEAM MATES IN TRAINING & COMPETITION
- PUNCTUALITY

SQUAD TWO

COACH: RICHARD POINTON

- 9 HOURS POOL (5) / 1 HR LAND
-
- MONDAY 6.00 TO 7.30PM
- TUESDAY 4.00 TO 6.00PM
- THURSDAY 6.00 TO 7.30AM
- THURSDAY 4.00 TO 5.00PM
- FRIDAY 7.00 TO 8.00PM
- SATURDAY 3.00 TO 4.00PM(LANDWORK)
- 4.00 TO 6.00PM
- THURSDAY MORNING COMPULSORY FOR 10+ GIRLS & 11+ BOYS
- ALL SESSIONS ARE AT MBC

SQUAD TWO

COACH: RICHARD POINTON

- TRAINING AIMS & OBJECTIVES
-
- DEVELOP STROKE TECHNIQUE ON ALL 4 STROKES
- LEARN & PERFECT STARTS, TURNS, FINISHES & RELAY TAKEOVERS
- LEARN TO READ THE PACE CLOCK INDEPENDENTLY
- KEEP A LOGBOOK OF ALL TRAINING & COMPETITION RESULTS
- LEARN AND PRACTICE BASIC STRETCHING, BODY WEIGHT & CORE STRENGTH EXERCISES
- HAVE ALL TRAINING EQUIPMENT (WATER BOTTLE, FINS, SNORKEL, FINGER PADDLES, FULCRUMS, KICKBOARD, PULL BOUY, BAND, WHITE BOARD & PENCIL, SKIPPING ROPE)
- INCREASE THE DISTANCE COVERED IN TRAINING SESSIONS TO IMPROVE ENDURANCE

SQUAD TWO

COACH: RICHARD POINTON

- CRITERIA FOR CONSIDERATION OF MOVEMENT TO NEXT SQUAD
- EXCELLENT ATTITUDE & BEHAVIOUR AT BOTH TRAINING & COMPETITIONS
- QUALIFY FOR HAMPSHIRE COUNTY CHAMPIONSHIPS
- TO HAVE COMPETED IN ALL EVENTS IN ALL STROKES
- COMPETE IN ALL DESIGNATED COMPETITIONS AS DIRECTED BY THE SQUAD COACH
- ATTEND A MINIMUM 5 OF THE 6 SESSIONS AVAILABLE
- PARENTS & SWIMMERS TO AGREE TO UNDERTAKE THE TRAINING COMMITMENT REQUIRED IN SQUAD 3
- LOGBOOK KEPT UP TO DATE WITH THE FOLLOWING DETAILS: MAIN SET, TRAINING TIMES, COMMENTS ON MAIN SET, CURRENT PB'S KEPT IN THE BACK, COMPETITION RESULTS
- RESPECT FOR COACHING STAFF
- WILLINGNESS TO LEARN
- GOOD LANE DISCIPLINE
- WILLINGNESS TO SUPPORT TEAM MATES IN TRAINING & COMPETITION
- PUNCTUALITY

SQUAD THREE

COACH: LEE BALDWIN

- 13.5 HOURS POOL (7) / 2 HOURS LAND
-
- MONDAY 4.00 TO 6.00PM
- TUESDAY 5.30 TO 7.30AM
- WEDNESDAY 4.00 TO 5.00PM (LANDWORK)
- 5.00 TO 7.00PM
- THURSDAY 5.30 TO 7.30AM
- 5.00 TO 7.00PM
- FRIDAY 5.00 TO 6.00PM (LANDWORK)
- 6.30 TO 8.00PM
- SUNDAY 6.00 TO 8.00AM
- 10 YEARS FEMALES ONE MORNING A WEEK (TUESDAY)
- 11 YEARS BOYS ONE MORNING A WEEK (TUESDAY)
- 11 YEARS 6 SESSIONS (1 MORNING – TUESDAY)
- 12 YEARS 7 SESSIONS (2 MORNINGS – TUESDAY & THURSDAY)
- ALL SESSIONS ARE AT MBC

SQUAD THREE

COACH: LEE BALDWIN

- TRAINING AIMS & OBJECTIVES
-
- VARIETY OF TEST SETS ARE NOW INTRODUCED INTO THE PROGRAM
- KEEP A DETAILED LOG BOOK
- GOAL SETTING WITH THE SQUAD COACH
- LEARN THE USE OF PACE & STROKE COUNTING
- HAVE ALL TRAINING EQUIPMENT (WATER BOTTLE, FINS, SNORKEL, FINGER PADDLES, FULCRUMS, KICKBOARD, PULL BOUY, BAND, WHITE BOARD & PENCIL, SKIPPING ROPE)
- DEVELOP LAND CONDITIONING PROGRAM

SQUAD THREE

COACH: LEE BALDWIN

- CRITERIA FOR CONSIDERATION OF MOVEMENT TO NEXT SQUAD
- EXCELLENT ATTITUDE & BEHAVIOUR AT BOTH TRAINING & COMPETITIONS
- ATTENDANCE OF TRAINING TO REQUIRED LEVEL AS DIRECTED BY THE SQUAD COACH MUST BE ACHIEVED
- PARENTS & SWIMMERS TO AGREE TO UNDERTAKE THE TRAINING COMMITMENT REQUIRED IN JUNIOR NATIONAL
- RESULTS IN COMPETITION (REGIONAL QUALIFYING TIME)
- LOGBOOK KEPT UP TO DATE WITH THE FOLLOWING DETAILS: MAIN SET, TRAINING TIMES, COMMENTS ON MAIN SET, CURRENT PB'S KEPT IN THE BACK, COMPETITION RESULTS
- RESPECT FOR COACHING STAFF
- WILLINGNESS TO LEARN
- GOOD LANE DISCIPLINE
- WILLINGNESS TO SUPPORT TEAM MATES IN TRAINING & COMPETITION
- PUNCTUALITY

JUNIOR NATIONAL

COACH: RICHARD POINTON

- JUNIOR NATIONAL 19.5 HOURS (9) / 2.5 HOURS LANDWORK
-
- MONDAY 5.00 – 7.30AM (INCLUDES 45 MIN LAND)
4.00 – 6.00PM HMST
- TUESDAY 4.00 – 6.00PM HMST
- WEDNESDAY 5.00 – 7.30AM (INCLUDES 45 MIN LAND)
4.00 – 6.00PM HMST
- THURSDAY 4.00 – 6.00PM HMST
- FRIDAY 5.00 – 7.30AM
4.30 – 7.00PM MBC
- SATURDAY 5.00 – 8.00AM
8.00 – 9.00AM (LANDWORK – CORE
CIRCUIT AGE GROUP / WEIGHTS YOUTH)
- ALL MORNING SESSIONS ARE AT MBC
- 11 YEARS – 6 SESSIONS / 12 YEARS 7 TO 8 SESSIONS / 13+ 8 TO 9 SESSIONS

JUNIOR NATIONAL COACH: RICHARD POINTON

- TO REMAIN IN THIS SQUAD YOU MUST:
-
- HAVE A MINIMUM OF 3 REGIONAL QUALIFYING TIMES.
- ATTEND ALL SESSIONS AS DIRECTED BY THE SQUAD COACH (85%)
- LOGBOOK KEPT UP TO DATE WITH THE FOLLOWING DETAILS:
MAIN SET, TRAINING TIMES, COMMENTS ON MAIN SET,
CURRENT PB'S KEPT IN THE BACK, COMPETITION RESULTS
- RESPECT FOR COACHING STAFF
- WILLINGNESS TO LEARN
- GOOD LANE DISCIPLINE
- WILLINGNESS TO SUPPORT TEAM MATES IN TRAINING & COMPETITION
- HAVE ALL TRAINING EQUIPMENT (WATER BOTTLE, FINS, SNORKEL, FINGER PADDLES, FULCRUMS, KICKBOARD, PULL BOUY, BAND, WHITE BOARD & PENCIL, SKIPPING ROPE)
- PUNCTUALITY

JUNIOR NATIONAL COACH: RICHARD POINTON

- TO BE PROMOTED TO NATIONAL SQUAD THE FOLLOWING WILL BE TAKEN INTO CONSIDERATION WITH THE ABOVE:
-
- NATIONAL QUALIFYING TIMES
- POTENTIAL / ABILITY
- INJURY HISTORY
- TECHNICAL SKILLS
- ROBUSTNESS
- MENTAL ATTITUDE
- RACING ABILITY
- TRAINING ETHOS
- PARENTS & SWIMMERS TO AGREE TO UNDERTAKE THE TRAINING COMMITMENT REQUIRED IN NATIONAL
- LIFESTYLE MANAGEMENT
- HUNGER TO IMPROVE
- ABLE TO ACCEPT ACCOUNTABILITY, RESPONSIBILITY & INDEPENDENCE FOR RESULTS IN COMPETITIONS

NATIONAL COACH: PAUL HOGG

- 22 HOURS (9) / 3 HOURS LANDWORK
-
- MONDAY 5.00 – 7.30AM
- 4.00 – 6.30PM
- TUESDAY 4.00 – 5.00PM (LANDWORK)
- 5.00 – 7.00PM
- WEDNESDAY 5.00 – 7.30AM
- 4.00 – 6.30PM
- THURSDAY 4.00 – 5.00PM (LANDWORK)
- 5.00 – 7.00PM
- FRIDAY 5.00 – 7.30AM
- 4.00 – 6.30PM
- SATURDAY 5.00 – 8.00AM
- 8.00 – 9.00AM (LANDWORK – CORE
- CIRCUIT AGE GROUP / WEIGHTS YOUTH)
- ALL SESSIONS ARE AT MBC

NATIONAL COACH: PAUL HOGG

- TO REMAIN IN THIS SQUAD YOU MUST:
- NATIONAL QUALIFYING TIMES
- POTENTIAL / ABILITY
- INJURY HISTORY
- TECHNICAL SKILLS
- ROBUSTNESS
- MENTAL ATTITUDE
- RACING ABILITY
- TRAINING ETHOS
- PARENTS & SWIMMERS TO AGREE TO UNDERTAKE THE TRAINING COMMITMENT REQUIRED IN NATIONAL
- LIFESTYLE MANAGEMENT
- HUNGER TO IMPROVE
- ABLE TO ACCEPT ACCOUNTABILITY, RESPONSIBILITY & INDEPENDENCE FOR RESULTS IN COMPETITIONS

CLUB SQUAD

COACH: KELLY ATKIN

- 3.5 HOURS (3) AGE GROUP U15 YRS
-
- TUESDAY 5.45 TO 7.00PM (EASTNEY)
- THURSDAY 5.45 TO 7.00PM (EASTNEY)
- FRIDAY 8.00 TO 9.00PM (MBC)
- THIS SQUAD PROVIDES TRAINING OPPORTUNITIES FOR THOSE SWIMMERS WHO FOR VARIOUS REASONS EITHER DON'T HAVE THE REQUIRED TRAINING COMMITMENT OR MEET THE PERFORMANCE RESULTS OF THE OTHER SQUADS
- IT ALSO PROVIDES TRAINING TIME FOR THOSE SWIMMERS WHO NOW WISH TO KEEP FIT IN A STRUCTURED ENVIRONMENT

MASTERS

COACH: LEWIS JONES

- TUESDAY 7.00 TO 8.00PM
 - WEDNESDAY 6.30 TO 8.00PM
 - THURSDAY 7.00 TO 8.00PM
 - FRIDAY 8.00 TO 9.00PM
 - SUNDAY 8.00 TO 9.00AM
-
- THIS SQUAD WILL CATER FOR THOSE SWIMMERS 16+

WHAT EFFECT THE CHANGES WILL HAVE!

- NUMBERS IN SQUADS WILL INCREASE SO THE DAYS OF ONLY HAVING THREE TO FOUR SWIMMERS PER LANE WILL CEASE. IT IS NOT FINANCIALLY VIABLE TO RUN A SWIMMING CLUB WITH THIS UNLESS FEES WERE DOUBLED
- HOWEVER THIS WILL NOT ONLY MAKE THE SQUADS MORE COMPETITIVE BUT WILL MEAN MORE COACHES ON DECK WITH EACH SQUAD. THIS WILL ALSO MEAN COACHING STAFF ARE NOT STRETCHED WHEN HOLIDAY / ILLNESS HAPPEN

THINGS TO CONSIDER

- PROMOTION BETWEEN SQUADS WILL ALWAYS BE GUIDED BY THE 3 A'S OF ATTENDANCE, ATTITUDE & ABILITY.
- ATTENDANCE FOR ALL SQUADS IS EXPECTED TO BE 85% OR ABOVE. COACH WILL INITIALLY GIVE A VERBAL WARNING TO BOTH SWIMMER & PARENT. IF NO IMMEDIATE IMPROVEMENT THEN A WRITTEN WARNING WILL BE ISSUED WITHIN 14 DAYS OF THE VERBAL WARNING. IF STILL NO IMPROVEMENT THEN THE SWIMMER WILL BE GIVEN A PLACE IN EITHER CLUB SQUAD OR MASTERS (SPACE PERMITTING).
- MONTHLY ATTENDANCE & ATTITUDE WILL BE THE DECIDING FACTORS FOR THE SWIMMER OF THE MONTH FOR EACH SQUAD

OTHER PROMOTION FACTORS

- **Fast Track**

If a swimmer shows exceptional ability and is prepared to make the commitment to the training required, a swimmer may be promoted to the next level early. This invitation will be at the Head Coaches discretion and his word will be final.

OTHER PROMOTION FACTORS

- **Delayed Entry**

If it is considered to be in the best interest of the swimmer, entry into the next squad may be delayed until such time that the coaching team believe they have the physical & mental maturity for the next squad. Head Coaches decision will be final.

HOUSEKEEPING

- PLEASE DO NOT GIVE YOUR CHILD ENERGY STIMULANT DRINKS LIKE RED BULL & RELENTLESS. LONG TERM EFFECTS ARE STILL NOT KNOWN & SWIMMERS START TO KID THEMSELVES THAT THESE DRINKS CAN HELP THEM TO REPLACE LACK OF TRAINING.
- ANY PROBLEMS SEE SQUAD COACH, IF UNHAPPY WITH REPLY THEN HEAD COACH
- IF YOU HAVE A SPARE HOUR OR SO PLEASE VOLUNTEER TO HELP. THIS IS YOUR CLUB RUN BY COACHES WITH PARENTS HELP NOT BY COUNCIL STAFF.

TIMELINE

- WEEK COMMENCING FIRST MARCH COACHES WILL ADVISE SWIMMERS OF THE SQUAD THEY ARE IN.
- THE FOLLOWING WEEK NAMES WILL BE ON THE WEBSITE & NOTICE BOARDS.
- ANY QUERIES CAN THEN BE DIRECTED TO THE **CURRENT SQUAD COACH** WHO WILL THEN LIASE WITH MYSELF
- ALL COACHES WILL HAVE PARENT MEETINGS DURING THE FIRST WEEK OF THE NEW STRUCTURE EXPLAINING EXPECTATIONS ETC