



## Swim Gwynedd general information:

### Commitments:

1. All swimmers are expected to attend at least 90% of their squad sessions. Parents or Swimmer (if part of WhatsApp group) to let head coach know of any reason for absence, ideally before the session or on the day of the session. Attendance will be monitored during the term. Any swimmer who consistently misses sessions **will be moved to a more appropriate squad or might lose their place** – Committee to monitor & decide.
2. Swimmers in the National Performance Squad must have chosen swimming as their No.1 sport and for those in the National Development & Performance Development squads swimming should be their priority sport. Training sessions for these squads should also take priority over school sports i.e. not missing sessions for sports day/cross country/netball etc.
3. The above squad swimmers are expected to **fill in process goal sheets** for meets when asked.
4. During exams periods swimmers are expected to **discuss** minimum training hours on an individual basis. If a swimmer has just a morning exam they are expected to attend the morning training session.
5. All swimmers are expected to attend ALL targeted meets (squad dependant) as listed below. Failure to do so might lead to swimmers being moved to a more appropriate squad or losing their place. Swimmers must also **discuss with the head coach events they wish to enter** and any home club meets they may wish to attend. Consistently **failing to do** so may well mean a swimmer **losing their place in the squad**.
6. It is asked that family holidays/school trips during the swimming season are discussed with the head coach prior to booking **for the Elite squad**.

### Training expectations:

1. Swimmers should be at the pool, **ontime**, ready in their costumes (under clothes) to follow **15mins stretching** before getting into pool. **Where swimmers are late** for a session they are to approach the coach following completion of pre-pool to be advised when they should join the set – swimmers are not to ask the other swimmers in the lane where they are up to in a set as this can be disruptive - **Swimmers will have to join in after the first set**.
2. **Parents will be notified** by the Committee if your swimmer has not attended and the Head Coach not contacted before hand in order to **monitor attendance**.
3. If a swimmer is **persistently late** (3 times in one week) then **a conversation** will be had with the swimmer and parent to look at resolving this and discuss any reasons.
4. Where swimmers do **not have the correct equipment** required (as listed in equipment info) **they will not be able** to complete that part of the set and will be asked to **sit it out**.
5. The Coach will highlight any breaches of the expectations to the swimmer individually, unless it applies to all swimmers.
6. If swimmers are unsure of something then they can ask the coach for clarity, otherwise swimmers should comply with the expectations of them in order to gain the most in terms of their own progression and performance. ‘
7. Please can **swimmers inform the coach** of any injuries, tiredness etc **before the start of the session**. **Please note:** swimmers who have anything but a minor injury should not attend the session. The same applies to illnesses such as a heavy cold etc. If off for more than 2 consecutive sessions due to illness please start back in a morning session.

### In the pool expectations:

1. 100% effort at all times with a **positive attitude (no back chatting or questioning the set)**. **Failure to adhere to set/plan** by coach the Swimmer will be **asked to sit out of the set** until ready to rejoin and listen. **3 Strikes system:**
  - Coach to speak to Swimmer about negative attitude to resolve matter **1<sup>st</sup> time**
  - Coach & Chair to speak to Parent regarding attitude in the pool **2<sup>nd</sup> time**
  - Behaviour to be discussed with Committee & actions decided to be taken **3<sup>rd</sup> time**

○ **POSITIVE ATTITUDE AND BEHAVIOUR ALWAYS – POOL / LAND TRAINING / GALAS**

2. **Injuries** to be reported to Coach before the session, if during the session **Swimmer will be asked to leave the pool** and Parent will be notified by the Committee.
3. No 'goggle' breaks i.e. if goggles come off/fill with water swimmers are expected to finish the distance they are doing and then adjust. Ditto caps. This will help if something similar goes wrong in a race situation.
4. Overtaking to be done at the end of the lane. Swimmers who feel another swimmer touching their toes must finish the length, then let the other swimmer past. Those wanting to overtake must slow down until the end of the length.
5. **NO standing up/leaving the pool during a set** i.e. leaving for the toilet unless during toilet break.
6. If doing kick for more than 25m swimmers are expected to do a tumble turn, even if using kick boards/snorkels.
7. All swimmers to focus on good starts/turns/finishes and distance off the wall during all sessions.
8. Fill in wet boards when asked to by head coach and email times & HR's by end of the week.

**Equipment:**

What:	Who:	What:	Who:
Drag shorts – to be worn for: <ul style="list-style-type: none"> <li>• pre pool every session</li> <li>• All am sessions apart from Saturday</li> </ul>	Everyone	Fins, snorkel & streamlined kick board	Everyone
Hand & finger paddles	Over 12s only	Pull band & sponge & belt	14 & over for pull band and 12 & over for sponge etc
Spare goggles & Cap – kept in mesh bag	Everyone	Crib sheets –updated within a week of a meet.	Everyone
Roller & massage/tennis ball	Everyone	Stretch band	If advised by physio
HR monitors/wet boards & pencil	Swimmers on Wed am and all evening sessions	Drink and snack for straight after session – small protein & carbs	Everyone

**Targeted Meets:**

The following meets should be targeted by SG swimmers.

Apart from the meets held in Llandudno, where the swimmer will be swimming for their respective club, swimmers will swim under the SG banner.

Meet:	SC/LC	Level:	When:	Where:	NP	ND	DP	DS
SW Sub Regional	SC	3	December	Llandudno			✓	✓
SW Winter Champs	SC	1	December	Swansea	✓	✓	✓	
Burns	LC	1	January	Sheffield	✓	✓	✓	
SW Regional	SC	1	February	Llandudno	✓	✓	✓	✓
DX	LC	1	March	Sheffield	✓	✓	✓	
British Champs	LC	National	April	London	Top in UK only			
SW Easter Champs	LC	National	April	Swansea	✓	✓	✓	✓
Swansea meet*	LC	1	Mid May	Swansea	✓	✓	✓	✓
TBC*	LC	1	Mid May	TBC	✓	✓	✓	
TBC**	LC	1/3	End June/Beg July	TBC	✓	✓	✓	✓
British Summer Nationals	LC	National	July	TBC	Top 24 in UK only			
SW Dev meet***	LC	3	July	Swansea			✓	✓
SW Summer Nationals	LC	National	July/August	Swansea	✓	✓	✓	✓

TBC\* - the last meet for swimmers to achieve time(s) for the British/Welsh Summer Championships

TBC\*\* - meet for practice before British/Welsh Summer Nationals

Swim Wales Development Meet\*\*\* - See info sent out by home club re Gemau Cymru - if applicable in 2020.

If swimmers qualify for any meet not listed under their squad they can still enter. The above meets are those that they are **expected** to attend if they qualify.

**Session times for squads:**

<b>Day:</b>	<b>Time:</b>	<b>Venue:</b>	<b>Squads:</b>	<b>Comments:</b>
Monday	5:45 – 7:30 am	Port	NP, ND & invited DP	
Monday	5 – 7 pm	Bangor	NP, ND & invited DP	
Tuesday	6 – 7:45	C'fon	NP, ND, DP	
Wednesday	5:45 – 7:30 am 6 – 7:45 am	Port Bangor	NP, ND NP, ND & invited DP	
Wednesday	5 – 7 pm	C'fon	NP & invited ND	
Wednesday	7 – 8 pm	C'fon	NP & invited ND	S&C - weights
Thursday	5:45 – 7:45 am	C'fon	NP, ND, DP & invited DS	
Thursday	5 – 7 pm	Bangor	NP, ND	
Friday	6 – 7:45 am	Bangor	NP, ND, DP	
Friday	6 – 8 pm	C'fon	NP & invited ND	
Saturday	6:40 – 8:50 am	C'fon	NP, ND, DP & DS	
Saturday	9:45 – 10:45 am	C'fon	NP, ND, DP & DS	S&C - flexibility/core