



Southampton Dolphins Swimming Club – Squads and Training Structure

Section: Competitive

This section comprises of County Squad (8-18yrs), Junior Performance (8- 12yrs) and Performance (12-18yrs). Swimmers take part in a minimum of four sessions a week through to a six day a week training program in Performance for swimmers aiming at Regional and National qualification. The focus in this section is twofold, high level technique for racing and physical conditioning for performing based on a swimmers stage of development. The program runs in line with LTAD (Long Term Athlete Development) which means swimmers receive the right type and volume of training throughout the growth and development years. Swimmers in this section regularly compete in ASA licensed open meets where electronic timing is used and swimmers times are recorded on the ASA rankings. Swimmers are aiming at achieving qualification at major events in the British Swimming structure starting with Hampshire County Championship through to British and Home Nation Championships.

Swimmers in these squads have the following opportunities; Periodised 50m pool training, access to underwater video camera for stroke analysis, training camps, additional land training / gym sessions, professional sports massage.

Performance Squad

Performance is a squad for swimmers who want to work towards; Regional and National Qualification. Significant commitment and discipline is required from swimmers in this squad but the opportunity is there for progression and continued success. Swimmers will agree a training program with the head coach running in-line with LTAD (long term athlete development) and will agree to attend target open meets and additional training.

Squad Aims: Swimmers work towards achieving positions in County finals, Regional and National qualification. Understanding working towards these targets is key as everyone develops and grows differently. Commitment to the program and consistency of training will produce the best results in the long term. Swimmers need to understand swimming can be a late specification sport so your full potential may never been known till maturity. (For more information please see “Head Coaches performance guides on Energy Systems and Growth”). Swimmers in this squad have achieved outstanding results since “Performance” was introduced in

2015. Swimmers have won a multitude of medals at Regional level and have made National finals, won National medals and qualified for British Swimming Championships.

Swimmers train to compete in 200m and 400m IM and Freestyle as a basic concept and continue an all round stroke ethos in training although specialisation can start from around 14 years in girls and 16 years in boys.

Age: 12 -18yrs

Monthly Fee: £75.00 + **TESTLANDS GYM** £12 per month paid directly to gym*

ASA Membership: Category 2 – £31.50 for 2017

Entry Criteria

1. Swimmers must agree a training program with the head coach and adhere to their training agreement (minimum seven sessions a week including three morning sessions).
2. Swimmers will attend additional training when required in the swimming season, such as long course or additional gym.
3. Swimmers must be able to swim 10 X 100m FS swim and rest on 1.30.
4. Swimmers must have a positive can do attitude at training and be willing to learn and progress.
5. Swimmers must have attained at least County qualification in individual events to be considered for this squad.

Equipment Required:

Drink minimum 500ml per hour

Training Goggles + Spare

Swim Hat Training + Spare

Kick Board, Pull Buoy, Finger Paddles, Hand Paddles and Kit Bag

Race Goggles

Race Costume or Jammers

Swim Hat for racing + Spare

Training Flipper (Fins) optional

Club t-shirt / t-bag for poolside during galas

Drag Belt

Land Training Equipment:

Well fitted cross trainers or running shoes – no fashion wear

Hand weights – please see head coach for size

Floor or gym mat Drink minimum 1 litre per hour

Appropriate clothing for exercise

Lead Coach: Chris White

Coach: Clodagh Dear -Tuesday AM **Coach:** Hannah Shepherd – Saturday PM

Training Program: Minimum of seven sessions per week including three morning sessions.

Monday 5.30-7.30am

Monday Land Training 5.30-6.45pm (Freemantle Community Centre)

Monday 7.00-8.00pm

Tuesday 5.30-7.30am

Wednesday 5.30-7.30am

Wednesday 5.45-7.45pm TESTLANDS GYM*

Thursday 5.30-7.30am

Friday 5.30-7.30am

Friday 6.00-8.30pm

Saturday 4.30-6.30pm

Sunday 3.30-6.30pm (Pre-pool Land Training)

Total 21.75 hours available per week

Junior Performance Squad

Junior Performance is being introduced for 2017 to recognise the outstanding talent in the younger age groups and offer a progressive step into performance swimming. Swimmers will work towards; qualification for County finals and Regional Championships.

Significant commitment and discipline is required from swimmers in this squad but the opportunity is there for progression and continued success. Swimmers will agree a training program with the head coach running in-line with LTAD (long term athlete development) and will agree to attend target open meets and additional training.

Squad Aims: Swimmers work towards achieving positions in County finals and qualification for Regional Swimming Championships. Understanding working towards these targets is key as everyone develops and grows differently. Commitment to the program and consistency of training will produce the best results in the long term. Swimmers need to understand swimming can be a late specification sport so your full potential may never been known till maturity. (For more information please see "Head Coaches performance guides on Energy Systems and Growth").

Swimmers train to compete in 200m and 400m IM and Freestyle as a basic concept and continue and all round stroke ethos in training.

Age: 8 -12yrs

Monthly Fee: £70.00 + **TESTLANDS LAND TRAINING** (optional) £31.50 per 10 weeks paid direct to TESTLANDS

ASA Membership: Category 2 – £31.50 for 2017

Entry Criteria

1. Swimmers must agree a training program with the head coach and adhere to their training agreement (minimum six sessions a week including two morning sessions).
2. Swimmers will attend additional training when required in the swimming season, such as long course or additional gym.
3. Swimmers must be able to swim 10 X 100m FS swim and rest on 1.45.
4. Swimmers must have a positive can do attitude at training and be willing to learn and progress.

Equipment Required:

Drink minimum 500ml per hour

Training Goggles + Spare

Swim Hat Training + Spare

Kick Board, Pull Buoy, Finger Paddles, Hand Paddles and Kit Bag

Race Goggles

Race Costume or Jammers

Swim Hat for racing + Spare

Training Flipper (Fins) optional

Club t-shirt / t-bag for poolside during galas

Land Training Equipment:

Well fitted cross trainers or running shoes – no fashion wear

Hand weights – please see head coach for size

Floor or gym mat Drink minimum 1 litre per hour

Appropriate clothing for exercise

Lead Coach: Chris White

Coach: Clodagh Dear – Tuesday AM **Coach:** Hannah Shepherd – Saturday PM

Minimum of 6 sessions per week including two morning sessions

Monday 5.30-7.30am

Monday 5.30-6.45pm Land Training (Freemantle Community Centre)

Monday 7-8pm

Tuesday 5.30-7.30am

Wednesday 5.30-7.30am

Wednesday 4.30-6.00pm TESTLANDS LAND TRAINING*

Thursday 5.30-7.30am

Friday 5.30-7.30am

Friday 6.00-8.00pm

Saturday 4.30-6.30pm

Sunday 4.30-6.30pm

Total 18.25 hours per week available

County Squad

Swimmers now progress to enhancing their strokes specifically aimed at racing and competing. Swimmers are gradually introduced to swimming 200m plus events and still retain an all round stroke ethos in training. Technique and water skills are still a major focus but improved fitness, strength and conditioning also play a vital role in helping swimmers progress. Swimmers in this squad are selected to represent the club in the Hampshire County relay championships as well as aiming for Hampshire County qualification times in individual events. Consistency of attendance and commitment to the training program will give swimmers the best chance of achieving their goals in this squad.

Age Group: 8-18yrs

Monthly Fee: £64.00 + **TESTLANDS LAND TRAINING** (optional) £31.50 per 10 weeks paid direct to TESTLANDS*

Squad Aims: Develop race technique and improve swim fitness as well as improving strength and body conditioning so swimmers have the opportunity to work towards Hampshire County Championship qualification in individual events.

ASA Membership: Category 2 – £31.50 for 2017

Entry Criteria

1. Swimmers must be able to swim 10 X 50m FS swim and rest on 1.05 or under.
2. After an initial training period in the squad of no longer than 6 months, swimmers must attend a minimum of 3 open meets a year so they can aim at improving personal best times, gain race practice and experience a mixture of races (distances/strokes).
3. Swimmers must be prepared for sessions and have the appropriate equipment / training clothing with them.
4. Swimmers must attend a minimum of four sessions a week one of which must be a morning, with a maximum of six.

Equipment Required:

Drink minimum 500ml per hour

Training Goggles + Spare

Swim Hat Training + Spare

Kick Board, Pull Buoy, Finger Paddles, Hand Paddles and Kit Bag

Race Goggles

Race Costume or Jammers

Swim Hat for racing + Spare

Training Flipper (Fins) optional

Club t-shirt / t-bag for poolside during galas

Lead Coach: Chris White

Coach: Clodagh Dear - Tuesday PM and Saturday AM

Coach: Hannah Shepherd Saturday PM

Swimmers must attend a minimum of four sessions a week one of which must be a morning, up to a maximum of six sessions per week.

Monday 5.30-7.30am

Monday 7.00-8.00pm

Tuesday 7.00 – 8.00pm

Wednesday 5.30-7.30am

Wednesday 4.30-6.00pm TESTLANDS LAND TRAINING*

Thursday 5.30-7.30am

Friday 5.30-7.30am

Friday 6.00-8.00pm

Saturday 7.00 – 8.45am

Saturday 4.30-6.30pm

Sunday 3.30-4.30pm

Total 18.25 hours per week available

Section: Club

This section comprises of Talent Squad and Academy Squad. Swimmers can take part in up to three sessions a week with the main focus on stroke work, technique, dives and turns. Swimmers compete in club and league galas across the local area; specifically the five round Novice League at Christchurch.

Academy Squad

Academy Squad offers swimmers their first taste of competitive swimming at a level which will give them confidence and enjoyment whilst training and competing. Swimmers can now take part in three sessions a week from the six available and like the other squads swimmers can choose on a week to week basis which session to attend. Swimmers will now develop their swim fitness and broaden their swimming ability incorporating IM, race diving from blocks, the development of underwater transitions and strengthening of fly leg kick. Swimmers can now compete on a regular basis in club and league galas.

Age: 7 – 16yrs

Monthly Fee: £51.00

ASA Membership: Category 1 £13.70 for 2017

Entry Criteria

1. Swimmers must have good technique on all four strokes as well as competent at dives and turns.
2. Swimmers must be able to streamline with fly kick.
3. Swimmers are expected to represent the club at local competitions when available.

Lead Coach: Chris White

Coach: Clodagh Dear - Tuesday PM and Saturday AM

Coach: Hannah Shepherd - Thursday PM and Saturday PM

Swimmers attend three sessions per week from the following six/seven available

Monday 7.00-8.00pm (over 12yrs only)

Tuesday 7.00-8.00pm

Thursday 7.00-8.00pm – Widths, Starts and Turns $\frac{3}{4}$ of the pool

Saturday 7.00-8.45am – 15 minutes diving

Saturday 12.30-1.30pm

Saturday 4.30-6.30pm

Sunday 3.30-4.30pm

Hours available to squad: 8.75 -7.75 hours per week

Talent Squad

Talent squad has been designed to help integrate talented young swimmers transition into competitive swimming. Swimmers are able to attend two sessions per week from the five available. Registers are no longer used and swimmers can attend which ever session's suit during the week. Swimmers will now swim lengths and be introduced to more advanced stroke techniques, race preparation and diving. Swimmers can now take part in club and league galas alongside the club championships.

Squad Aim: To introduce talent young swimmers to swimming lengths and regular turn practice. Retain the fun aspects of swimming whilst retaining a focus on the fundamental principles of stroke technique.

Age: 7-9yrs when swimmers turn 10 they will need to move to Academy Squad.

ASA Membership: Category 1 £13.70 for 2017

Monthly Fee: £45.88

Entry Criteria

1. Swimmers must have good technique on all four strokes as well as competent at dives and turns.
2. Swimmers must be able to streamline with fly kick.
3. Swimmers are expected to represent the club at local competitions when available.
4. Swimmers are aged between 7-9 years.



Lead Coach: Chris White –Monday, Tuesday and Sunday

Coach: Clodagh Dear – Tuesdays

Coach: Hannah Shepherd – Saturday midday and PM and Thursday

Assistant: Freya Wilks - Sunday

Swimmers attend two sessions per week from the five available

Tuesday 7.00-8.00pm

Thursday 7.00-8.00pm

Saturday 12.30-1.30pm

Saturday 4.30-6.30pm

Sunday 3.30-4.30pm

Hours available to squad: 6 hours per week

Section: Development

The development section of Southampton Dolphins is where swimmers learn the fundamental technical skills of all the strokes and water skills, whilst maintaining a fun element to sessions.

More advanced stroke techniques are taught and swimmers practice race dives every week. Basic turns are taught in Turtles and these are developed in Penguins. Swimmers in Penguins will be invited to attend home gala's and fun gala's alongside the club championships.

The Development squads offer swimmers a platform to progress into competitive swimming teaching them all the necessary skills needed, but if you choose not to follow the competitive path you can stay in Penguins and Turtles and enjoy the benefits of great all round strokes and swim fitness.

Penguins

Age: 6 - 14yrs

Monthly Fee: £41.88

Squad Aims: Develop the fundamental stroke techniques and skills required for competitive swimming whilst retaining the fun and enjoyment of being in the water. Swimmers will learn race starts, turns and transitions. Swimmers will swim over $\frac{3}{4}$ lengths and utilise width swimming for increased turn practice whilst increasing swim fitness.

Entry Criteria

1. Swimmers must have grasped the basics of backstroke, frontcrawl, breaststroke and ASA legal butterfly.
2. Swimmers must be able to perform basic frontcrawl tumble turns and backstroke turns.
3. Swimmers must have achieved Water Skills 5 and Bronze Challenge.

Coach: Clodagh Dear

Coach: Hannah Shepherd

Swimmers attend one booked session per week from the following;

Monday 6-7pm – Clodagh Dear Widths, Starts and Turns $\frac{3}{4}$ of the pool

Tuesday 6-7pm – Clodagh Dear Widths, Starts and Turns $\frac{3}{4}$ of the pool

Wednesday 6-7pm – Hannah Shepherd Widths, Starts and Turns $\frac{3}{4}$ of the pool

Turtles

Age: 6 – 14yrs

Monthly Fee: £41.88

Squad aims: The after school swimming club, Turtles is the next stage in the lesson programme. Youngsters that have mastered the four main strokes are invited to join the swimming club, the entry level of the Dolphins swimming Club. The sessions increase to one hour in length, with the last 10 minutes set aside for play. There is a little of everything – Diving Skills, Personal Survival, Rookie Lifeguard, Water Polo, Team Games, Advanced Stroke Technique, Competition Racing and always popular ... playtime!

Talented swimmers are often invited to step up from the Turtles into the Dolphins, where the number of sessions can increase significantly.

During the course of a year the sessions will seek to improve the basic strokes and water skills they have learnt and introduce more advanced techniques, with safety and confidence in the water remaining a priority.

The extra time and distance builds stamina and makes good technique permanent. Coming just once a week to this group is enough to give the children great strokes that will last a lifetime. If they are keen to progress, this group is the launch pad to competition swimming.

Entry Criteria

4. Swimmers must have grasped the basics of backstroke, frontcrawl, breaststroke and ASA legal butterfly.
5. Swimmers must be able to perform basic frontcrawl tumble turns and backstroke turns.
6. Swimmers must have achieved Water Skills 5.

Teacher: Clodagh Dear

Teacher: Hannah Sheperd

Teacher: RosieWindsor

Teacher: Rob Young

Swimmer attend one booked session per week from the following

Monday 5-6pm – Clodagh Dear

Tuesday 5-6pm – Clodagh Dear

Wednesday 5-6pm – Rosie Windsor

Thursday 5-6pm – Hannah Shepherd

Thursday 6-7pm – Hannah Shepherd and Rob Young

Friday 5-6pm – Rob Young

Saturday 9-10am – Hannah Shepherd

Saturday 11.30-12.30 – Hannah Shepherd