

CITY OF LEICESTER INTERNAL SQUAD POLICIES & GUIDELINES

This document outlines the City of Leicester Swimming Club Ltd (COLSC) internal policies and guidelines for the groups within the COLSC City squad structure.

CITY PODIUM AND ELITE SQUAD POLICIES & GUIDELINES

AIMS:

- Swimmers in National / Regional finals and achieving medals
- Swimmers on Home Countries Talent Programme and British Swimming World Class Programmes
- Swimmers on Junior/Senior International Teams

Swimmer, parents, committee members and coaches are all expected to comply with City of Leicester Swimming Club Limited Code of Conduct and at all times conduct and behave to the highest standards.

OBJECTIVES:

The COLSC squad objectives are to provide an environment where each swimmer can

- Maximize technical skill on No1 strokes
- Enhance tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Further develop Race pacing
- Development of individual stroke skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behavior and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

COMMITMENT CRITERIA:

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum of:
Podium Squad 8+ pool & 5 land based training sessions per week
Elite Squad 7 pool & 5 land based training sessions per week
Or the minimum specified by the Head Coach to each individual.
- Attendance must be a minimum of 90% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the Head Coach (**If competitions are entered outside of the COLSC competitive remit swimmers must enter in the name of their Satellite Club**).
- Swimmers must wear COLSC branded clothing/kit, whilst competing/representing COLSC.
- All swimmers must keep an up to date log book to be handed in first Monday of each month or to be handed in when required by the Head Coach.
- All swimmers must compete in all National and Regional Championships in which they qualify unless instructed otherwise by the Head Coach.
- Swimmers must maintain two COLSC entry times relevant to their age.

- Swimmers must have competent all round technical abilities and skills.
- Morning pool and land training sessions are compulsory.
- During exam periods, swimmers must discuss and agree a minimum training commitment.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the COLSC Agreement Form by the date stated.
- Be considerate of COLSC members and other swimmers at all times
- Strive to maintain and improve the minimum COLSC entry criteria
- Show demonstrable progress towards achieving the COLSC objectives

From June of each year all places in the City Podium and Elite Squads shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria the swimmers place in the squad may, at the sole discretion of the Head Coach, who will act reasonably based upon the circumstances, allow the swimmer to retain their place in the City Podium and Elite squads. The Head Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

ENTRY CRITERIA

- A minimum of two COLSC Standard Entry Times, which must be swam in a licensed meet(i.e. National, Regional, County or Open)
- Consistently maintained previous COLSC training/competition commitment.
- Fully complied with previous COLSC squad criteria.
- All swimmers must be 14yrs and over for girls and 15 years and over for boys. The age is based upon their age as at the final day of the ASA East Midlands Region "Age Group Championships", which are held in June of each year
- Be fully committed to City Podium and Elite Squad aims and objectives.
- Must be fully paid member of a Leicestershire satellite club
- Maintained an up to date log book
- Signed and returned the "acknowledgement form" confirming receipt of COLSC Policies and Guidelines, Charters, Code of Conduct, Equity Statement, Constitution and Anti – Bullying policy.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the City Podium and Elite squads and all squad placement and movement is at the Head Coach's discretion. Swimmers who are unable or unwilling to fully maintain the squad commitment criteria will be offered a place within the County Senior Talent Squad or may return to their Satellite Club.

EXIT CRITERIA

- Unable to attain the relevant COLSC Entry Times.
- Consistently unable to maintain the City Podium and Elite Squads training commitment.
- Consistently unable to maintain the City Podium and Elite Squads competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Return to your Satellite Club as directed by the COLSC Head Coach.
- Exit months are December & August in each competition season.

Swimmers assessed by the Head Coach to have near term potential and or having longer term talent may be admitted or retained within a squad on a probationary period of between 6 – 12 months. The swimmer must be able to show commitment and demonstrable progress towards the overall squad criteria.

CITY PERFORMANCE, POTENTIAL SQUAD POLICIES & GUIDELINES

AIMS:

- Swimmers in National / Regional finals and achieve medals
- Swimmers on World Class Programmes
- Swimmers on Junior International Teams
- Swimmers on Regional Teams

Swimmer, parents, committee members and coaches are all expected to comply with City of Leicester Swimming Club Limited Code of Conduct and at all times conduct and behave to the highest standards.

OBJECTIVES:

The COLSC Squad objectives are to provide an environment where each swimmer can

- Develop technical skill on all four strokes
- Development of tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Introduce and develop Race pacing
- Development of individual medley skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behavior and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

COMMITMENT CRITERIA:

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum of:
 - **City Performance Squad** 7 pool & 3 land training sessions per week
 - **City Potential Squad** 6 pool & 3 land training sessions per weekOr the minimum specified by the Age Group Coach to each individual.
- Attendance must be a minimum of 90% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the Age Group Coach (**If competitions are entered outside of the COLSC competitive remit swimmers must enter in the name of their Satellite Club**).
- Swimmers must wear COLSC branded clothing/kit, whilst competing/representing COLSC.
- All swimmers must keep an up to date log book to be handed in first Monday of each month or to be handed in when required by the Age Group Coach.
- All swimmers must compete in all National and Regional Championships in which they qualify unless instructed otherwise by the Age Group Coach.
- Swimmers must maintain two COLSC entry times relevant to their age.
- Swimmers must have competent all round technical abilities and skills.
- Morning pool and land training sessions are compulsory.
- During exam periods, swimmers must discuss and agree a minimum training commitment..
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the COLSC Agreement Form by the date stated.
- Be considerate of COLSC members and other swimmers at all times
- Strive to maintain and improve the minimum COLSC entry criteria
- Show demonstrable progress towards achieving the COLSC objectives

From June of each year all places in the City Performance, Potential squads shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria the swimmers place in the squad may, at the discretion of the Age Group Coach, who will act reasonably based upon the circumstances, allow the swimmer to retain their place in the City Performance, Potential squads. The Age Group Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

ENTRY CRITERIA

- A minimum of two COLSC Standard Entry Times, which must be swam in a licensed meet(i.e. National, Regional, County or Open)
- Consistently maintained previous COLSC training/competition commitment.
- Fully complied with previous City squad criteria and/or County Talent Squad criteria.
- All swimmers must be 11yrs and over. The age is based upon their age as at the final day of the ASA Midlands Region "Age Group Championships", which are held in June of each year
- Be fully committed to City Performance, Potential Squad aims and objectives.
- Must be fully paid member of a Leicestershire satellite club
- Maintained an up to date log book
- Signed and returned the "acknowledgement form" confirming receipt of COLSC Policies and Guidelines, Charters, Code of Conduct, Equity Statement, Constitution and Anti – Bullying Policy.

Swimmers must strive to progress to the City Podium and Elite Squads which should normally be achieved by the time they reach Youth ages, but provided the swimmer is showing demonstrable progress towards the above Squads standard the following concessions may be granted at the Head Coaches discretion:

- Females will be given to end of season swimming 15 at National / Regional
- Males will be given to the end of season swimming 15 at National / Regional
- All squad movement is at the discretion of the Head Coach.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the City Performance, Potential squads and all squad placement and movement is at the Age Group Coaches discretion who if necessary will seek advice for the Head Coach. Swimmers who are unable or unwilling to fully maintain the squad commitment criteria will be offered a place within the County Senior Talent Squad or may return to their Satellite Club.

EXIT CRITERIA

- Unable to attain the relevant COLSC Entry Times.
- Consistently unable to maintain the City Performance, Potential Squad training commitment.
- Consistently unable to maintain the City Performance, Potential Squad competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Return to your Satellite Club as directed by the COLSC Age Group Coach.
- Exit months are December & August in each competition season.

Swimmers assessed by the Age Group Coach to have near term potential and or having longer term talent may be admitted or retained in the group on a probationary period of between 6 – 12 months. The swimmer must be able to show commitment and demonstrable progress towards the overall City Squad criteria.