

CITY OF LEICESTER SWIMMING CLUB LTD

EXTERNAL ENTRY POLICY & GUIDELINES

This document outlines the City of Leicester Swimming Club Ltd (COLSC) External Entry policies for swimmers outside of the Leicester Swimming Talent Pathway.

AIMS:

- Provide additional training opportunities for swimmers within Leicestershire.
- Provide a transitional period between Satellite and COLSC training environments.
- Compliment the swimmers Satellite Club training programmes.
- Provide a structured individual Training and Competition Plan.

OBJECTIVES:

To provide an environment where each swimmer can:

- Develop technical skills 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 behaviour 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:

- Swimmers must fulfil their individual Satellite Club training commitment as directed by COLSC Coaching Staff and agreed by satellite club Head Coach.
- Swimmers must fulfil their individual COLSC training commitment as directed by the COLSC Coaching staff and agreed by satellite club Head Coach
- 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 COLSC Coaching staff.
- All swimmers must compete in all National and Regional Championships in which they qualify unless instructed otherwise by the COLSC Coaching staff.
- Swimmers must maintain two COLSC entry times relevant to their age.
- Swimmers must compete only in competitions/meets directed by the COLSC Coaching staff (**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.
- Swimmers must have competent all round technical abilities and skills.
- 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 and full time training at COLSC.

From June of each year all places in COLSC 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 an injury or prolonged 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 COLSC. 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 recommendation from the Head Coach of any Leicestershire Satellite Club.
- A minimum achievement of two COLSC Standard Entry Times, which must be swam in a licensed meet(i.e. National, Regional, County or Open)
- A swimmers must be aged:
 - Male 13yrs and over
 - Female 12yrs and over

This 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.

- Satellite Head Coach to provide results/attendance of licensed meets including LASA County Championships.
- Satellite Head Coach to provide evidence of an annual training plan.
- Satellite Head Coach to provide evidence of swimmers attendance to swim and land training.
- Be fully committed to achieve all COLSC Squad aims and objectives relevant to age.
- 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 achieve full time training at City of Leicester Swimming Club which should normally be achieved within one year of commencement of part time training, but provided the swimmer is showing demonstrable progress towards any squad entry criteria and aims and objectives relevant to age an extension of training may be granted at the Head Coaches discretion

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the City of Leicester Swimming Club and all squad placement and movement is at the Head Coaches discretion. Swimmers who are unable or unwilling to fully maintain the commitment criteria will return to their Satellite Club.

EXIT CRITERIA

- Unable to attain the relevant COLSC Entry Times.
- Consistently unable to maintain swimmers individual training commitment.
- Consistently unable to maintain the COLSC 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.