



REN 96 SWIM TEAM
HANDBOOK FOR
SWIMMERS AND
PARENTS/GUARDIANS/CARERS

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1. THE CLUB

REN 96 Swim Team was created in September 1996 with the amalgamation of three existing swimming clubs: Renfrew District ASC, Eastwood ASC and Neilston ASC.

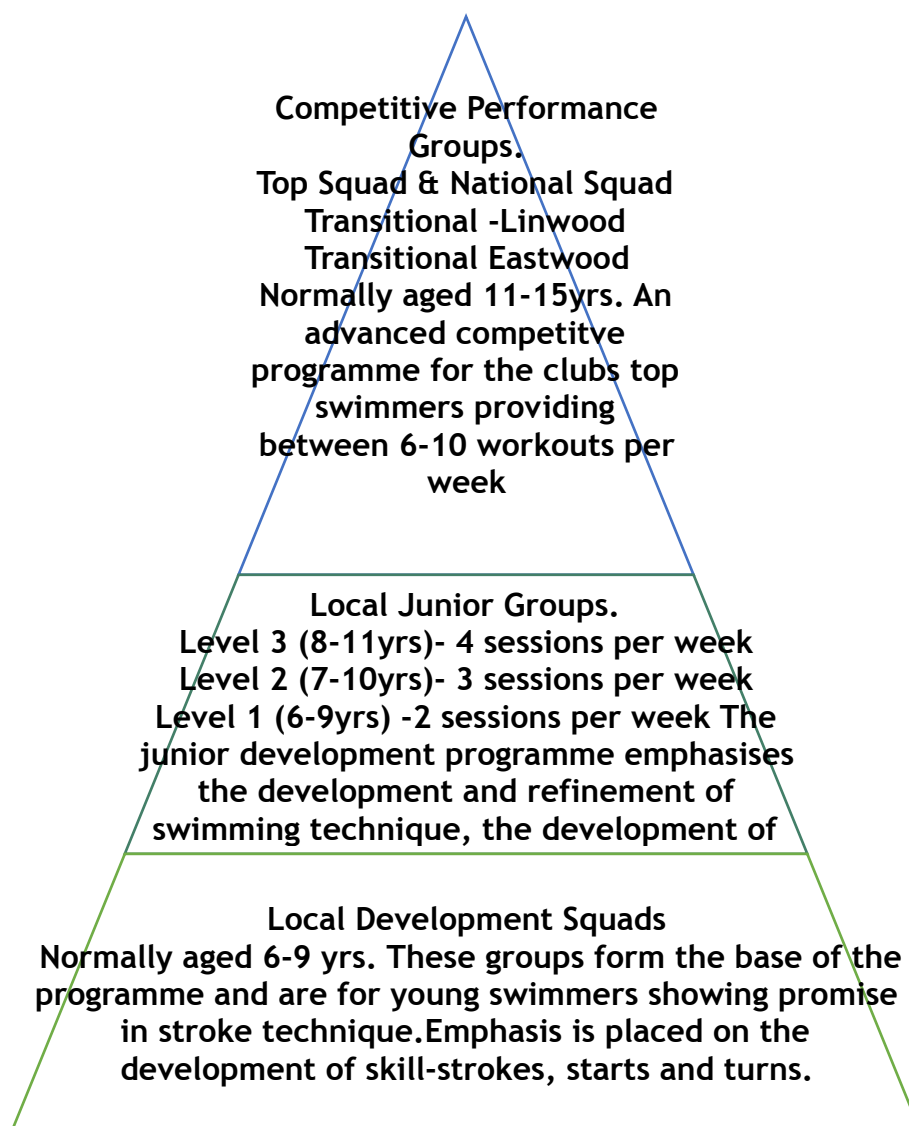
REN 96 Swim Team is now one of Scotland's premier swimming clubs led by Head Coach Sandy Blackwood and supported by a large team of coaches. Based at ON-X Linwood,

REN 96 is affiliated to the Scottish Amateur Swimming Association and supported by both Renfrewshire and East Renfrewshire Councils.

The Club is dedicated to performance and excellence and aims to provide the best swimming development programme for the young and not so young of Renfrewshire and East Renfrewshire. The programmes are athlete centred, coach led and administratively supported. The Club encourages and helps all athletes to achieve their ultimate goals and ambitions.

The Club combines top quality coaching with appropriate training facilities to create an environment where the production of future champions is inevitable. REN 96 swimmers have competed with distinction at West District, National and National Age Group Championships. REN 96 has had swimmers on the Scottish Youth Squad, Scottish Junior and Senior Elite Squad and at the Commonwealth Games. The Club currently has in excess of 300 Members starting from Development Squads through to Transitional and Top Squads and Masters. Full details of the current committee, coaches and squad secretaries can be found on the club website.

2. STRUCTURE OF THE TRAINING SQUADS AND OBJECTIVES



**Training Squad
TRE & TR** For those wishing to reduce number of training sessions due to school or other commitments

REN 96 Swim Team also has a large master's squad which caters for the more mature swimmer with an emphasis on fun, friendship and fitness as well as competitive swimming.

The club structure provides a number of progressively graded coaching and training groups catering for each swimmer's individual needs and long term development.

Training squads are divided according to age, ability, competitive experience and level of commitment. The number, duration and intensity of the training sessions are geared to individual levels of development and maturation - in line with the ASA Long Term Athlete Development Plan. (See Appendix 1.)

Depending upon the training group assignments, specific requirements are established for the benefit of the individual swimmer as well as the team. Swimmers participating according to the guidelines provided by the coaching staff will realise the greatest gains. This allows for the development of an environment that challenges the swimmer to excel and provides the best possible coaching environment.

The club will fully support athletes who compete for REN 96 in other sporting events rather than swimming. If however they compete for other teams and do not fulfil the standard promotion guidelines, in particular attending the requisite number of swim meets, the athlete will be a member of training squad (TRE,TR) giving them the opportunity to train 4 times per week at coached sessions supporting their own sport discipline's goals

3. TRAINING FEES

Training fees are paid by Direct Debit. The monthly training fee increase depending on squad level. Training fees are calculated as an annual figure and payable in 12 monthly instalments and must be paid whether or not the swimmer attends some or all of the training sessions.

A Direct Debit mandate is required for each swimmer and returned with the new swimmer membership paperwork.

Squad Monthly Fee Are:

Top Squad	£69.00
Transition TE & TJ	£54.50
B3, J3	£42.00
B2, E2, J2	£36.00
E1, E1.1, J1,ER 1	£31.00
Masters Squad	£36.00
Junior Masters(for those in full time education)	£28.00
Development1 Squad	£28.00
Training Squad	£34.00

When a swimmer moves from one squad to another there Direct Debit will automatically be changed to the new squad fee.

Every swimmer must also pay a compulsory annual membership fee which is split between the West District Association and Scottish Swimming. This fee is currently

£50.00 and is normally due in February /March each year and will be collected by direct debit.

If anyone has any problems regarding the payment of training fees please contact the Treasurer Linda Andrews at ren96fin@gmail.com

4. CLUB KIT

REN 96 Swim Team club kit is available from Michelle Galbraith at ren96kit@gmail.com. The club kit includes bags, polo tops and hoodies and swim caps with the REN 96 club logo. Order forms are available on the clubs web page.

5. TRAINING SCHEDULE

Full training Schedule is available on the club web site at:-

<http://www.ren96.com/traning%20schedule.html>

6. HOW DOES A SWIMMER MOVE THROUGH THE SQUADS?

Movement through the squads is based on a combination of ability, attendance, and attitude to training, and technique and not on age or performance alone. Squad coaches have guidelines supplied by the Head Coach.

Swimmers are expected to train with the squad for which they have qualified.

To achieve promotion swimmers in all squads must also be regularly attending competitions of an appropriate level throughout the year

Should an individual not be able to meet the training or competitive requirements for the group which they have qualified movement to a more suitable group or a return to their previous squad may be necessary.

7. TIMING OF SQUAD MOVES

There will be three review periods per year:

- After the REN 96 Club Championships
- Prior to the Easter School Holiday's
- End of Swimming Season prior to summer holidays

Moves into Top Squad and National Squad will take place after Scottish National Championships or at the discretion of the Head Coach.

8. HOW MANY TRAINING SESSIONS SHOULD A SWIMMER ATTEND?

Each training squad will have specific attendance requirements appropriate for the objectives of that group. In order to obtain the maximum benefits from the programme you will need to attend all available training sessions. If during some weeks this proves to be difficult the Parents/Guardians/Carers and/or swimmer should discuss in advance with the Squad Coach.

A positive attitude towards training is important and it begins with the determination to start on time and to obtain full value of the training time available. Swimmers are expected to remain for the duration of each session.

The performance coaching groups - Top Squad, Transitional Johnstone and Transitional Eastwood, do have attendance requirements that must be met. Failure to do so may result in the withdrawal of a place in the Swimming Coaching Programme or movement to a training group with less rigid attendance requirements.

During senior school and University exams swimmers are encouraged to maintain an average of one session per day. The squad coach should be notified of examination periods in advance.

9. ABOUT SWIMMING COMPETITIONS

There are different types and levels of swimming competition. With the exception of Mini League swimmers must be 8 years of age to enter a competitive swimming competition.

Graded Meets - are graded by time. Consideration times are issued for entering graded meets and if you have a personal best time which is faster than the consideration time you cannot enter a graded meet. This is to allow all swimmers a chance to enter competitions at a correct level for their ability. Once a Swimmer has times faster than the consideration times for graded competitions then they should start to enter Open and West District Competitions.

Example:

The 100m Freestyle consideration time is 01:30:00, the result is as follows:

Lane No.	Time	Swimmer	Award
3	01:26:78	A	Too Fast
4	01:26:89	B	Too Fast
2	01:28:88	C	Too Fast
5	01:30:56	D	1st - Gold Medal
6	01:31:22	E	2nd - Silver Medal
1	01:31:24	F	3rd - Bronze Medal

On the day of the competition, if you swim faster than the consideration time, you will not win a medal but you will be issued with a “swam too fast” certificate or pennant. This is a positive and should be celebrated as it means that the swimmer is now ready to enter the next higher level of competition. Parents can help make this a positive rather than a negative experience by emphasising the value of “swimming to fast”, prior to the meet.

Open Meets - are open to all swimmers. Consideration times may be issued for entering open meets and if you have a personal best time which is on or faster than the consideration time you can enter an open meet. These competitions are usually split into age bands, for example, 12yrs/under, 14yrs/under and Open Age Group. On the day of the competition medals will be awarded on a “first past the post basis”.

Example:

The 100m Freestyle consideration time is 01:30:00, the result is as follows:

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2	01:28:88	C	3rd - Bronze Medal
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6	01:31:22	E	
1	01:31:24	F	

West District Championships - there are 7 Championships held throughout the year. This is the next level of competition up from an Open Meet. Some of these are Age Group Championships for swimmers 13 years of age and under and others are Open Championships for swimmers of all ages. There are consideration times for the West District Championships.

Scottish National Championships - there are 3 National Championships held throughout the year, Scottish Short Course in December, Scottish Age Groups held in April and Scottish Long Course held in June. There are qualifying and

consideration times for the National Championships. Only accredited times may be entered.

British Championships - there are 3 British Championships held throughout the year, British Championships in March, British Age Groups and Youth/Open Championships in July and August. There are qualifying times for the British Championships. Only accredited times may be entered if you have qualified.

There are also League Competitions held through the year:

Mini League - this competition is the first competitive event for most swimmers. It is aimed at the youngest swimmers under 8 years of age to 11 years of age. There are three round robin events and it culminates in a final which is held in June of each year at The Citadel Leisure Centre, Ayr.

Winter League - this competition is for 10 years/under, 12 years/under, 14 year/under and Open Age Group. It is a one off competition held in October each year at The Citadel Leisure Centre, Ayr.

10. HOW DOES A SWIMMER ENTER A COMPETITION?

A REN 96 calendar of competitions is produced and controlled by the Head Coach on a six monthly basis, this is issued to all squads. Competitions attended should be purposeful, and therefore, if swimmers are to gain maximum benefit from the programme, they are encouraged to attend competitions.

Swimmers or the parents/guardians/carer should speak with the squad coach if they are unsure if they should /should not be entering a competition. The squad coach will also be able to provide training times if necessary to enter any competition.

It is important for swimmers and Parents/Guardians/Carers to understand that the coaches use competitions to evaluate the swimmers progress and to determine the focus for future training.

Swimmers must only compete in swim meets selected by the coaching staff. Permission must be sought from Sandy Blackwood Head Coach to attend a swim meet not designated by the Swim Team.

When REN 96 Swim Team competes at one of these events, the Squad Secretary will distribute Meet Information and Entry Forms to the swimmers in the relevant Squads. If you are not sure whether your child should be entering this competition or what events to enter then you should speak to the Squad Coach. If a swimmer wishes to enter the competition the Parents/Guardians/Carers should

complete the entry form, retain the bottom half of the entry form for their information and post or email to Craig MacDonald, the Entries Secretary by the DEADLINE date stated on the form along with the correct remittance. The Entries Secretary then enters all of the REN 96 swimmers in the competition.

It is not compulsory for swimmers to attend competitions; however it is advised that they attend several throughout the year as this provides a focus to training and a reason for the hours of training.

No swimmer will be promoted to the 3's, TE, TJ, Top and National Squad without regularly entering and taking part in competitions.

The following is a guide to the number and type of competitions per squad that are recommend a swimmer takes part in throughout the course of the year.

Squad	Number of Competition	Type of Competition
Development Squads + Development 1's	2-3 per year	REN 96 Club Championships, Squad and Club Time trials, Possibly Development and Mini Meet Competitions
Local Junior Groups Level 1 E1, E1.1 J1, ER 1	4	REN 96 Club Championships, Squad and Club Time trials. Development and Graded Competitions
Local Junior Groups Level 2 B2,E2, J2	6	REN 96 Club Championships, Squad and Club Time trials. Graded Competitions
Local Junior Groups Level 3 B3, E3, J3	8	REN 96 Club Championships, Squad and Club Time trials. Graded / Open Competitions. Trying to achieve West District qualifying times
Transitional Squads, Top and National Squads TE, TJ, Top and National Squad	10+	REN 96 Club Championships Open / West District, National + British National if qualifying times achieved

Training Squad + Masters	None	There is no requirement for those in training squad and masters to enter competitions although it is hoped that members will enter the REN 96 Club Championships
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Some entries may be unfortunately rejected (scratched) or the swimmers may be listed as a 1st or 2nd Reserve for an event. Where this happens you will be notified by your Squad Secretary or the Entry Secretary.

Refunds will only be made if swimmers are scratched (SCR), are not offered a reserve swim (ALT) or, after submitting an entry notify the club entries secretary of their intention to withdraw prior to the meet organisers closing date for entries.

11. ATTENDING COMPETITION

Parents/Guardians/Carers are normally responsible for taking a swimmer to and from a competition venue, occasionally for team events the club may organise a bus to take swimmers to and from the event on these occasions swimmers will be notified in advance.

On the day of a competition swimmers should arrive at the venue and be on poolside 15 minutes prior to the warm up starting, parking is often very limited at these events and parents should be aware of this.

There is no need for a swimmer to take their kit bag with kick board etc. to competition. They should bring two towels, club kit, REN 96 club hat, goggles (preferably two pairs if possible as one always breaks) plus plenty of water/ juice and snacks for the duration of the competition.

Once swimmers arrive poolside they will be met by a member of the REN 96 coaching staff and Team Management staff. Team Management staff are REN 96 club volunteers who are both PVG checked and are members of Scottish Swimming. The majority of the clubs team managers have also taken the Scottish Swimming Team Managers Level 1 and Level 2 courses.

When a child attends a competition they should wear both a REN 96 Swim Team hat and also a REN 96 T-Shirt / hoodie around poolside as this creates a sense of team and also allows for easy identification around the poolside.

It is important if a swimmer wins a medal during the competition that they also wear club kit for the medal presentation.

Please note that football tops must NOT be worn at swimming competitions or training camps organised by the Club.

12. REN 96 SWIM- TEAM COMPETITIONS

REN 96 Swim Team organise and run three competitions throughout the year.

The REN 96 Swim Team Graded Meet held in March.

The REN 96 Swim Team Open Meet held in November.

The REN 96 Swim Team Development Meet held in June.

All these competitions are normally very well attend with teams from all over Scotland entering.

These competitions cater for all our swimmers throughout the club from development squads through to Top and National Squad.

These events are a very important fundraiser for the Club and require many volunteers to help before, during and after the Competitions. Even if your child is not participating in the event the Club expect all Parents/Guardians/Carers of all swimmers to give up some of their time and volunteer their services.

13. REN 96 SWIM TEAM CLUB CHAMPIONSHIPS

The REN 96 Club Championships are held annually. The Club Championships give all swimmers the opportunity to compete at the same event, from Development Squad Swimmers through to Top Squad and Masters.

Medals are presented to the top six girls and boys in each individual event in the age group - 8 years, 9 years, 10/11 years, 12/13 years, 14/15 years and 16 years and over.

All Development, and Development 1 swimmers will be swimming 25m (1 Length) of butterfly and 50m (2Lengths) of back crawl, breaststroke and freestyle. All development squad swimmers attending the competition will be given an award. Development and Development 1 swimmers also compete for the Linda Lessing Trophy at this event, this trophy was donated in memory of Mrs Linda Lessing a former REN 96 coach and is awarded to the best development swimmer once the age factor is taken into consideration.

For swimmers in all other squads those under 11yrs will compete in 50m (2 lengths) of breast stroke, back crawl, free style, and butterfly plus a 100m I.M

For swimmers in all other squads over 11yrs will compete in 100m (4 lengths) of breast stroke, back crawl, free style and butterfly plus a 200 I.M

Points are awarded to the top six swimmers in each individual event 6, 5, 4, 3, 2 and 1 and the top girl and boy in each age group will be presented with overall Championship Winner Shields.

14. VOLUNTEERS

Apart from the REN 96 Swim Team coaching staff the club is managed entirely by volunteers.

Therefore the Club is constantly seeking new volunteers who are interested in playing a more active role within the Club.

There are many roles within the club like helping at competitions or being a squad secretary which take up very little time.

Team Management and Technical Official roles are also a great way to become involved especially if your son/daughter regularly attends competitions, being pool side makes a competition day pass much quicker. Both of these roles require some training which the club will provide. A sufficient number of suitably qualified officials and correct licence are required to qualify a meet for accreditation.

If you are interested in playing a more active role within REN 96 Swim Team then please contact ren96swimteam@gmail.com who will put you in touch with the correct person or speak to either your squad secretary or member of the management committee

15. FUNDRAISING

Fundraising is an essential part of any Club. During the past years, the Club has organised Bag Packing, Race Nights, Ceilidhs and Discos as fundraising events. These events are essential, especially when the Club is organising training camps at home or abroad to try and reduce the total cost.

16. CHILD PROTECTION ISSUES FOR TRAINING SESSIONS

Parents/Guardians/Carers of swimmers aged 11 years and under must remain within the confines of the Centre whilst the swimmer is training.

Parents/Guardians/Carers of swimmers 12 years and over must be contactable at all times whilst the swimmer is training.

Any swimmer requested to leave the training pool for any reason aged 16 years and under. The parent /guardian or carer of that swimmer must be informed as soon as practicable by the coaching staff of the reason why they have been requested to leave. In the event of the parent /guardian or carer of the swimmer not being present or contactable the swimmer will be requested to leave poolside, get dressed and return to poolside until such time the session ends or their parent / guardian or carer can be informed of the action taken.

In the event of any swimmer having been requested to leave poolside, they must report to coaching staff prior to them entering the pool at the next available training session, so a decision can be made in relation to training.

Mobile Phones must remain in a swimmers bag prior to, during and after swimming sessions until after a swimmer has left the changing rooms.

17. MEDICAL INFORMATION

Any appropriate medical information that has been supplied in relation to swimmers will be shared with the coaches who supervise them (for example, if someone is asthmatic and the club has been informed of this squad coaches will be given this information). Squad Secretaries will not be given any information deemed as confidential

18. NUT ALLERGIES

The club understands that some individuals may have nut allergies therefore it is the Club's position that all members should be encouraged not to have or use nuts or nut based products in order to reduce the risk of an allergic reaction.

19. POLICIES & PROCEDURES

The following procedures are available on the REN 96 website:

Procedure No.	Title
REN/P/001	Code of Conduct
REN/P/002	Grievance Procedure
REN/P/003	Child Protection Policy
REN/P/004	Photographing, Videoing and Filming
REN/P/005	Recruitment and Selection
REN/P/006	Selection of Individual Swimmers for Team Events and Relays
REN/M/001	Handbook for Swimmers and Parents/Guardians/Carers

20. USEFUL CONTACTS

The first point of contact for REN 96 Swim Team is through

Email: ren96swimteam@gmail.com Website: www.ren96.com

REN 96 Swim Team is affiliated to the Scottish Amateur Swimming Association and supported by Renfrewshire and East Renfrewshire Councils.

The Scottish Amateur Swimming Association, National Swimming Academy,
University of Stirling, Stirling FK9 4LA

Telephone: 01786 466520

Email: info@scottishswimming.com Website: www.scottishswimming.com

22. USEFUL WEBSITES

www.britishswimming.org

www.scottishswimming.com

www.swimscotland.co.uk

www.scotswimwest.co.uk

www.wada-ama.org/

www.ren96.com

www.goggleman.co.uk

www.swimshop.co.uk

www.mailsports.co.uk

Appendix 1.

LONG TERM ATHLETE DEVELOPMENT (SHORT GUIDE)

Introduction

Scientific research has identified that it takes at least 10 years, or 10,000 hours for talented athletes to achieve sporting excellence. There are no short cuts!

There are two ways in which young swimmers can improve their performance:

- Training
- Growth and Development

Long Term Athlete Development (LTAD) is about achieving optimal training, competition and recovery throughout an athlete's career, particularly in relation to the important growth and development years of young people. If a long term approach to training is not adopted there is likely to be a plateau in performance, when growth and development slows significantly. For some swimmers this may result in their performances getting worse. At this point the short-term training approach cannot be reversed. This often leads to drop out before a swimmer has achieved close to their potential.

Reasons for LTAD

There are five clear reasons for introducing a Long term athlete development approach:

- To establish a clear swimmer development pathway.
- To identify gaps in the current swimmer development pathway.
- To realign and integrate the programmes for developing swimmers and swimming in Britain.
- To provide a planning tool, based on scientific research, for coaches and administrators.
- To guide planning for optimal performance.

It is anticipated that the principles of LTAD will be used to review existing swimming initiatives led by the governing body and inform any future initiatives. It is hoped that all swimming providers will use LTAD in a similar way. This will enable the swimming community to pull in one direction towards achieving Swimming's goals and targets.

Current Sport System Issues

The following are some general observations of sporting systems from around the world (including Britain):

- Young athletes under-train, over-compete.
- Low training to competition ratios in early years.
- Adult competition superimposed on young athletes.
- Adult training programmes superimposed on young athletes.
- Male programmes superimposed on females.
- Training in early years focuses on outcomes (winning) rather than processes (optimal training).
- Chronological age influences coaching rather than biological age.
- The “critical” periods of accelerated adaptation are not fully utilised.
- Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential).
- The best coaches are encourages to work at elite level.
- Coach education tends to skim the growth, development and maturation of young people.

- Coaches, Swimmers and Parents need to be educated in LTAD principles.
- Administrators and officials need to be education in LTAD principles.

Bill Sweetenham (ex British Swimming National Performance Director) summed up the position with the development of British Swimming thus:

“Right now we have too many clubs in Great Britain offering too little training time and in most cases too much competition. This leaves many athletes in a twilight zone of training less than 14 hours a week, hoping for international results and expecting overseas tours and camps and national level success. For an athlete training 8 hours a week the benefits are social, fun, participation, team building and health benefits. For those athletes wishing for an international career and who are serious about optimum performance at the national level then swimming in a programme with a high performance objective of 18-25 hours is approximately what it will take to achieve these objectives. However, in most countries and in most clubs, the vast majority of athletes train between 8 and 14 hours per week. This is the twilight zone, too much volume to be fun and achieve the social and happy benefits of the participation level (8 hours and under) and not enough to achieve the competitive results or optimum performance that an athlete expects. In other words it is too much for participation and too little to be considered really serious in terms of the competitive nature of the sport. Changing this twilight zone should be the major focus of every club and national programme.” (Bill Sweetenham, Wavelength 2002)

LTAD Framework

Long Term Athlete Development (LTAD) is a sports development framework that is based on human growth and development. In short, it is about adopting an athlete centred approach to swimming development.

All young people follow the same pattern of growth from infancy through adolescence, but there are significant individual differences in both the timing and magnitude of the changes that take place. It is however important to stress that human growth and development happens without training, however swimming training can enhance all of the changes that take place.

A number of scientists have reported that there are critical periods in the life of a young person in which the effects of training can be maximised. This has led to the notion that young people should be exposed to specific types of training during periods of rapid growth and that the types of training should change with the patterns of growth. These have been used by Dr Istvan Balyi to devise a five stage LTAD framework that has been adapted to swimming:

- FUNdamental - basic movement literacy.
- SwimSkills - building technique.
- Training to Train - building the engine.
- Training to Compete - optimising the engine.

- Training to Win - maximising the engine.

Stage 1 - FUNdamental

AGE: Female 5 to 8 years;

Male 6 to 9 years.

The FUNdamental stage should be structured and fun! The emphasis is on developing basic movement literacy and fundamental movement skills. The skills to be developed are the ABCs (Agility, Balance, Coordination, and Speed), RJT (Running, Jumping, and Throwing), KGBs (Kinaesthetic, Gliding, Buoyancy, and Striking with the body) and CKs (Catching, Kicking, and Striking with an implement). In order to develop basic movement literacy successfully participation in as many sports as possible should be encouraged.

Speed, power and endurance should be developed using FUN and games. In addition, children should be introduced to the simple rules and ethics of sports. No Periodisation should take place, but there should be well-structured programmes with proper progressions that are monitored regularly.

Stage 2 - SwimSkills: Building Technique!

AGE: Female: 8 to 11 years;

Male: 9 to 12 years.

During this stage young swimmers should learn how to train and develop the skills of a specific sport. There may be participation in complementary sports i.e. those sports, which use similar energy systems and movement patters. They should also learn the basic technical/tactical skills, and ancillary capacities, including:

- Warm up and cool down.
- Stretching.
- Hydration and nutrition.
- Recovery.
- Relaxation and focusing.

This stage co-incides with peak motor co-ordination, therefore there should be an emphasis on skill development. Training should also include the use of 'own body weight' exercises; medicine ball and Swiss ball exercises as well as developing suppleness.

Although the focus is on training, competition should be used to test and refine skills. The recommended training to competition ratio is 75% to 25%. There should be single periodisation.

If a young swimmer misses this stage of development then he/she will never reach their full potential. One of the main reasons athletes plateau during the later stages of their careers is because of an over emphasis on competition instead of optimising training during this very important stage.

Stage 3 - Training To Train: Building the Engine!

AGE: Female: 11 to 14 years;

Male: 12 to 15 years.

During the Training to Train stage, there should be an emphasis on aerobic conditioning. This is the stage where there is greater individualisation of fitness and technical training. The focus should still be on training rather than competition and the training should be predominantly of high volume, low intensity workloads. It is important to emphasise that high volume, low intensity training cannot be achieved in a limited time period, and therefore the time commitment to training should increase significantly. As the volume of training increases there is likely to be a reduction in the number of competitions undertaken. However, there should now be specific targets for each competition undertaken with a view to learning basic tactics and mental preparation. There should be either single or double periodisation of the training year.

During this stage, training should continue to develop suppleness and to include the use of 'own body weight' exercises; medicine ball and Swiss ball exercises. However towards the end of this stage, preparations should be made for the development of strength, which for girls occurs at the end of this stage and for boys at the beginning of the next stage. This should include learning correct weight lifting techniques. The ancillary capacities (the knowledge base of how to warm up and warm down; how to stretch and when to stretch; how to optimise nutrition and hydration; mental preparation; regeneration; how and when to taper and peak; pre-competition, competition and post competition routines) should be established.

Similar to the previous stage, if insufficient time is devoted to this stage or it is missed, then the young swimmer will never reach their full potential.

Stage 4 - Training To Compete: Optimising the Engine!

AGE: Female: 14 to 16 years;

Male: 15 to 18 years.

During the training to compete stage there should be a continued emphasis on physical conditioning with the focus on maintaining high volume workloads but with increasing intensity. The number of competitions should be similar to the end of the previous stage but the emphasis should be on developing individual

strengths and weaknesses through modelling and nurturing technical and tactical skills based around specific strokes or distances, but not both. As a result, there should be either double or triple periodisation of the training year. In addition, the ancillary capacities should be refined so they are more specific to the individual's needs.

During this stage, training should also focus on developing maximum strength gain through the use of weights. This should be coupled with continued work on core body strength and maintaining suppleness.

Stage 5 - Training To Win: Maximising the Engine!

AGE: Female: 16+ years;

Male: 18+ years.

This is the final stage of athletic preparation. The emphasis should be on specialisation and performance enhancement. All of the athletes' physical, technical, tactical, mental, and ancillary capacities should now be fully established with the focus shifting to the optimisation of performance. Athletes should be trained to peak for specific competitions and major events. Therefore, all aspects of training should be individualised for specific events. There should be either double, triple or multiple periodisation, depending on the events being trained for. During this stage, training should continue to develop strength, develop core body strength and maintain suppleness.

Appendix 2.

ABBREVIATIONS

AOE Automatic Officiating Equipment (for Timing)

BS British Swimming

DQ Disqualification

FINA Federation Internationale De Natation (Swimming Governing Body)

LC Long Course (50m)

PB Personal Best (Time)

SASA Scottish Swimming

SC Short Course (25m)

STO Swimming Technical Official

TR/TRE Training Squad

TOP Top Squad

TE Transitional Squad Eastwood
TJ Transitional Squad Johnstone
WD West District

Appendix 3.

SWIMMING TERMINOLOGY

Related to Swimming Strokes:

Fly: Butterfly

Back: Backstroke

Breast: Breaststroke

Free: Freestyle

IM: Individual Medley (An event combining all strokes Fly, Back, Breast and Free in that order.)

Related to Training and Equipment:

Set: The training set that the Coach has designed for the session.

Paddle: Hand paddles which are used during training.

Fins: Flippers which are used in training.

Float or Kickboard: Floats and kickboards are used during training.

Related to a Competition and Competition Swimming Pool:

Accredited An event can only be accredited if it has the correct number of STOs to run the event properly under FINA rules.

Blocks: Platforms from which the swimmers start their race.

Board: Scoreboard which shows the result of each race.

Flags: Backstroke turn indicators, flags placed 5 metres from each end wall above the pool.

T mark: Located on the pool floor to allow swimmers to judge when to turn.

Licence Clubs running swimming competitions must apply for a licence. This is signed off by the Referee of each session to confirm that the event has been run properly.

Marshal An individual who calls the swimmers for each heat of an event. Marshalling is not used at all swimming competitions.

Officials Referee, Starter, Inspectors of Turns, Chief Timekeeper and Timekeeper. Normally dressed in white. Swimming Technical Officials (STOs) are required to run the events.

Pads Yellow/Black timing pads at one or both ends of the pool which record the swimmers times.

Ropes Blue/Red/White ropes between each lane.

Swim Down Pool A second pool which offers the swimmers the opportunity to swim down after each race. This facility is not always available.

Team Lines Used to advise the event organisers which swimmers and in which order will swim in Relay events.

5 meter Mark Marks on the lane ropes, indicated by coloured rings normally red, which advises the swimmers they are 5 meters from the end wall.

15 meter Mark Marks on the lane ropes, indicated by a black ring, which advises the swimmers they have reached 15 meter which is important in butterfly, backstroke and freestyle as the swimmer's head must have broken the surface by that point.

False Start Rope: If the start is illegal then this rope is dropped to halt swimmers. It is hung across the pool 15m from the start.