



# **Newbury District Swimming Club**

## **Some Useful Information for New(ish) Members**

**Derek Carley (Head Coach)**

- **The club structure**
- **The coaching team**
- **Training**
- **Competitions**
- **Questions**

# The Club Structure

## Members

Parents/swimmers/non  
swimming members

## Committee

Voted in at AGM to run the club on  
members behalf

contact **committee** for  
general club issues –  
financial etc

## Head Coach

Appointed by committee to run the  
swimming programme

contact **head coach** for  
general swimming  
programme issues

## Coaching Team

Setup by Head coach (subject to  
committee approval)

contact **squad coaches** for  
squad swimming issues



## **Derek Carley (Head Coach)**

**Background:** Ex swimmer /swim parent.

**Coaching experience:** 20 yrs at ndsc

**Coaching Qualifications:** Level 4 (ASA coach)

**Squad coach:** A

**Additional Info/Qualif:** BSc, MSc (Physics)



## **Carolyn McLeod (Senior Coach)**

**Background:** Ex committee member/swim parent

**Coaching experience:** 15 yrs at ndsc

**Coaching Qualifications:** Level 3 (club coach)

**Squad coach:** B

**Additional Info/Qualif:** Judge/Starter/time keeper



## **Chris Glover**

**Background:** Ex ndsc swimmer/current swim parent

**Coaching experience:** 3 yrs at ndsc

**Coaching Qualifications:** Level 2

**Squad coach:** Challengers/Masters/Club

**Additional Info/Qualif:** UK club coach level 3 in progress



## **Jane Hester**

**Background:** Committee member/swim parent

**Coaching experience:** 10 yrs at ndsc

**Coaching Qualifications:** Level 2

**Squad coach:** Cruisers/Sprinters/Teaching programme

**Additional Info/Qualif:** Judge/timekeeper

## **Dave Milburn**



**Background:** Masters Swimmer/current swim parent

**Coaching experience:** 6 years with ndsc

**Coaching Qualifications:** Level 1

**Squad coach:** Coaches B squad Tuesday evening

**Additional Info/Qualif:** National Masters champion/  
record holder 50/100m  
breaststroke

## **Janet Hopkins**



**Background:** Ex swimmer/Ex swim parent

**Coaching experience:** 20 years at ndsc

**Coaching Qualifications:** Level 2

**Squad coach:** Assists with Challengers Sunday pm

**Additional Info/Qualif:** Long family association with  
ndsc. Judge/timekeeper/Club chairman

## **Trudie Blake**

**Background:** Ex ndsc swimmer

**Coaching experience:** Teaching 1 to 1s

**Coaching Qualifications:** Level 2

**Squad coach:** Assists with Cruisers/sprinters

**Additional Info/Qualif:**

## **Helen Hartshorne**



**Background:** Swimmer at Eastleigh

**Coaching experience:** Teaching 1 to 1's

**Coaching Qualifications:** Level 2

**Squad coach:** Assists with Cruisers/sprinters

**Additional Info/Qualif:**

## **Tony Shore**

**Background:** Parent

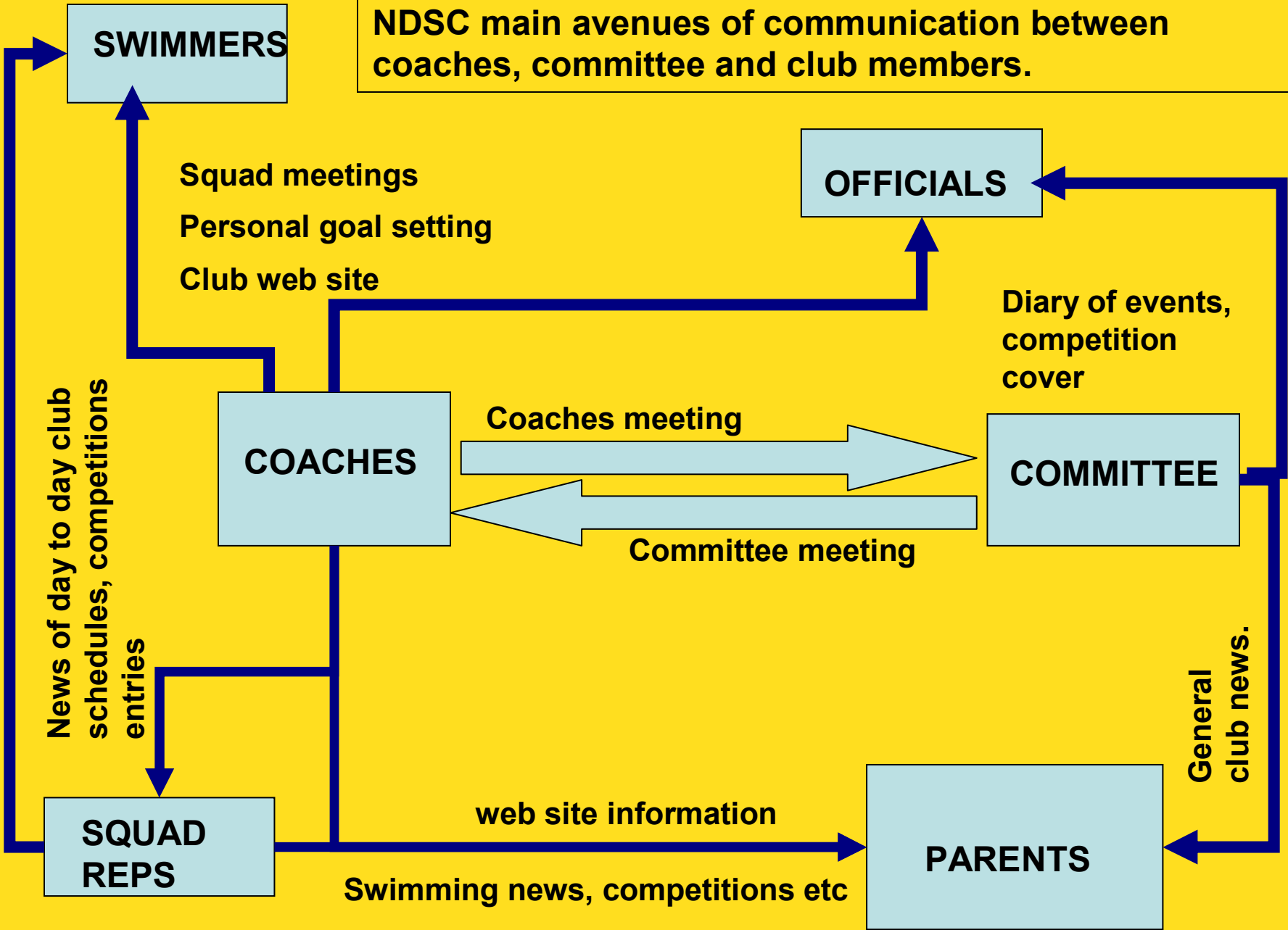
**Coaching experience:** started this swimming year

**Coaching Qualifications:** Level 1

**Squad coach:** Assists with Cruisers/sprinters

**Additional Info/Qualif:**

**NDSC main avenues of communication between coaches, committee and club members.**



**SWIMMERS**

Squad meetings  
Personal goal setting  
Club web site

**OFFICIALS**

Diary of events,  
competition  
cover

**COACHES**

Coaches meeting

**COMMITTEE**

Committee meeting

News of day to day club  
schedules, competitions  
entries

**SQUAD  
REPS**

web site information

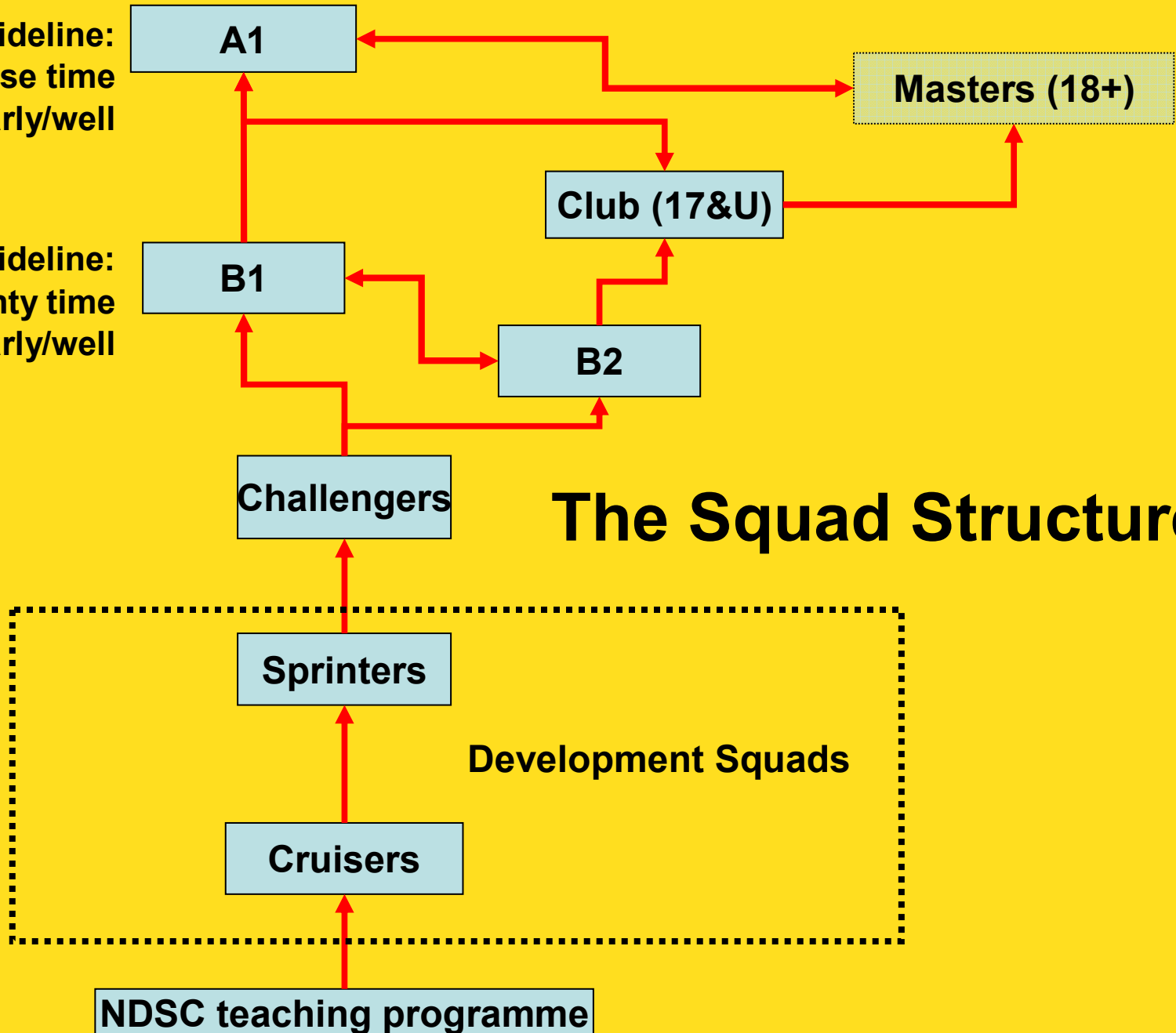
**PARENTS**

Swimming news, competitions etc

General  
club news.

Entry Guideline:  
regional base time  
Train regularly/well

Entry Guideline:  
200 IM county time  
Train regularly/well



# The Squad Structure

# What Determines Swimming Performance ?

0%

Coaches Control

100%

- Talent/Natural ability: Inherited Characteristics – Height, general build, big hands, big feet .....
- Growth Patterns.
  
- The swimmer's personal circumstances – Access to local facilities, pools, clubs etc
- The swimmer's mental attitude – Drive, determination to succeed, strength of character, personality etc.
  
- The programme:
  - Technique/skills
  - Training (land and water)
  - Technical Knowledge

# Talent , Growth and Performance

- Our aim is to get all swimmers to achieve their potential

- **Assessing potential**

- Not a swimmer. Better at other sports/ activities **90% +**
- A good club swimmer, will go on to reach county/district level **75 -80%**
- A swimmer with great potential. Will go on to reach National standard – possibly a national champion **????%**

- **The Growth Factor**

- Girls begin puberty typically 10/11 years
- Boys begin puberty typically 11/12 yrs.
- BUT... Individuals can deviate markedly from the average
- Some may reach their peak performance (relatively) in early teens
- Some (particularly boys ) may take till mid twenties or beyond!

# The Programme

Technique/Skills

Training

Technical Knowledge

Strokes

Starts/turns/finishes

Strength/Speed /Endurance

Logbooks/  
records

Drills

Correction/  
practice

Land

Swimming

Nutrition


Psychology

Circuits  
Stretching  
Weights

Long distance - endurance  
Short distance - speed

Physiology

## Technique and performance

- **Swimming is a motor skill**
- **Signal from brain  Motor unit (motor neuron + muscle)**
- **Practice results in an involuntary repeatable movement**
- **Good technique is acquired over a period of time**
- **All swimmers will swim differently – STYLE**
- **Style can be influenced by a number of factors including:**
  - **Physical build**
  - **Strength**
  - **Flexibility**
  - **Growth**
- **Technique is more difficult to change as you get older.**

## Coaching Technique for Performance

- Coaches will explain things in different ways – ‘coach’s style’
- Coaches can have specific priorities/ beliefs – ‘coaching philosophy’.
- Methods of coaching/improving technique:
  - Squad session: for all- but mainly Cruisers/Sprinters/Challengers
  - Drills: for all squads- but appropriate drills for different squads.
  - Individual stroke correction – for all - but main method employed for upper squads.
- Be aware that:
  - ‘Pretty’ is not the same as ‘efficient’. The golden rule:  
Maximise propulsion, reduce resistance
  - There may be some things that a swimmer cannot physically do!
- Private lessons: 1 to 1s – some issues to consider
  - Yes - but please inform us. Better still ask one of us!!
  - There will be no instantaneous improvement – maybe NO improvement!
  - It can cause problems with senior swimmers and coaches

## **Training (conditioning) and performance**

- **Swimming training has two main functions:**
  - **Repeat fundamental movements – perfection of motor skills**
  - **Cardiovascular fitness - conditioning**
- **Exercise physiology:**
  - **Anaerobic - sprint training**
  - **Aerobic - endurance training**
- **Age group swimmers need to follow an endurance based training programme (aerobic).**
  - **Building the engine**
  - **The window of opportunity (years leading up to puberty)**
- **As swimmers mature (post puberty) sprint (anaerobic) training can be increased.**

## **Training and performance: Land Training**

- **Land training supplements swimming – but does not replace it**
- **Pre puberty:**
  - **Body weight exercises are sufficient**
  - **emphasis on core strength stability/strength**
  - **Circuit training**
  - **General all round conditioning/games**
  - **Introduction to stretching exercises – emphasize importance of flexibility to swimmers**
- **Puberty and beyond:**
  - **Weight training**
  - **Build Strength and Power – heavier weights**
  - **Increase to more than 1 session per week**

## Technical Knowledge and Performance - Nutrition

### DO

- **Maintain a high carbohydrate low fat diet**
  - **Pasta/rice/cereal/potatoes**
- **Eat something immediately after training**
- **Keep hydrated – water or well diluted fruit juice**
- **Sports drinks are good – albeit expensive**

### Don't

- **Eat large quantities immediately before a race**
- **Consume huge quantities of sugar/Glucose before a race.**
- **Eat large quantities of fatty food – beef burgers, crisps chips etc - Non before a race as fat does not supply readily available energy.**
- **Suddenly change your diet – do it gradually**



# Introduction to Some Competition Terms

## Licensed Meets

- **Level 1 (L1):** top level facilities/officials; range of events
- **Level 2 (L2):** as above but less stringent
- **Level 3 (L3):** NFT times; more relaxed on facilities, officials
- **Level 4 (L4):** Base level; non standard pool

## National/Regional Age Group Championships

- **Youth**
  - **Girls: 14 - 17**
  - **Boys: 15 - 18**
- **BAGCATS (British Age Group Categories)**
  - **Girls: 10/11 - 13**
  - **Boys: 10/11 - 14**

# British Age Group Category

## Regional & National Awards (BAGCATS) 50m pool

		Boys		Girls	
<b>Regional</b>					
<b>10 years</b>	100s Form Distance IM	- best 100m* - best 200m form stroke - best 200 / 400 free - best 200 / 400 IM	100s Form Distance IM	- best 100m* - best 200m form stroke - best 200 / 400 free - best 200 / 400 IM	
<b>Regional &amp; National</b>					
<b>11 years</b>	100s Form Distance IM	- best 100m* - best 200m form stroke - best 200 / 400 free - best 200 / 400 IM	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	
<b>Regional &amp; National</b>					
<b>12 years</b>	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	
<b>Regional &amp; National</b>					
<b>13 years</b>	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	
<b>Regional &amp; National</b>					
<b>14 years</b>	100s Form Distance IM	- best 100m - best 200m form stroke - best 200 / 400 / 800 / 1500 free - best 200 / 400 IM	Note: Girls 14 years and over and Boys 15 years and over will start to specialize in individual events and will swim in the Youth Championships.		
<b>100m events marked *</b>	These events do not have a qualifying time. Entry will only be open to those swimmers with a qualifying time on the corresponding 200m event. i.e. a swimmer qualifying for the 200m backstroke will be eligible to enter the 100m backstroke.				



## Competitions: levels of attainment

**British Championships (L1)**

**L1 long course qualifying time required**

**National Youth & BAGCAT Championships (L1)**

**L1/L2 qualifying time required**

**South East Region Youth & BAGCAT championships (L1)**

**L1/L2 qualifying time required**

**Berks & South Bucks County Championships (L2)**

**qualifying time required**

**Internal competitions/ novice meets/leagues (L3/Unlicensed)**

**No qualifying time required**

# The competition plan Sept 2009/Aug 2010 (provisional)

## • Cycle 1

- September 2<sup>nd</sup> (week 1) – December 21<sup>st</sup> (week 17)
  - Club Championships
    - 3 main rounds Saturday/Sunday evening
    - 400/800/1500 Thursday/Sunday evening
  - Speedo – 3 rounds
  - L3 Meet towards mid/end of cycle ( gain county QTs)

## • Cycle 2

- December 27<sup>th</sup> ( week 18) – April 5<sup>th</sup> (week 32)
  - Long/short course meets Jan/Feb
  - Counties (March)
  - Reading – End of cycle Easter meet (gain regional QTs)

## • Cycle 3

- April 12<sup>th</sup> (week 33) – July 26<sup>th</sup> (week 48)
  - Regionals/No Frills/Meets May (gain NQT)
  - Regionals/NDSC/L3 meets June
  - Fareham/Nationals July/August

# The competition plan Sept 2009/Aug 2010 (provisional)

Update sept 09	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun								
Sep				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
					START																							AT										
Oct						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
								Club champs R1							Speedo R1													Club Champs R2		AT			Half Term					
Nov		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
		Half Term						Club champs R3							Speedo R2													Tigershark L3		AT								
Dec				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
					AGM			Guildford L2							club champs 400m 5s													Fun Day?		Last Session all @ Kennet		YMAS HOLS		YMAS HOLS				
Jan 08						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
						PUB HOLS		Abbingdon Meet			restart normal Session				TVJL R1													Presentation Evening						Windsor L1/L2				
Feb			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28								
								TVJL R2							Wycombe L2														HALF TERM						B & SB 3 sess L1			
Mar			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
									AT																													
Apr						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
										EASTER WEEK END No Training					Bracknell Open Meet																							
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
	Alan Eyles		BANK																																			
Jun																																						
Jul																																						
Aug																																						

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# Competitions: advice

## DO

- Turn up with plenty of time to spare
- Bring spare goggles & swimming costume
- Warm up according to coaches instructions – don't leave the pool until told to do so.
- Report back to coach immediately after your race.
- Enter a range of events/competitions to test yourself

## Don't

- Try anything new in a race – do it in training first
- Wander off without asking the coach
- Pull out of races without asking the coach – but he/she will probably say No!
- Eat large quantities of food before your race

## Be Aware

- Most competitions no longer use the card system ie if you have entered you are expected to turn up
- There will be a withdrawal procedure
- If you don't follow the procedure you will get fined - usually £10 per event.

# Sources of Information

## Useful external sources of information:

- ASA web site – [www.britishswimming.org](http://www.britishswimming.org)
- ASA South East Region – [www.southeastswimming.org](http://www.southeastswimming.org)
- Berks and South Bucks county ASA [www.bsbasa.org](http://www.bsbasa.org)
- Long Term Athletic Development (LTAD) – available on ASA web site.

## NDSC sources of information:

- NDSC club data base
  - Members names address email address
  - Swimmer's competition times
- NDSC club web site [www.ndsc.co.uk](http://www.ndsc.co.uk)
  - diary of events page – for coming events and competitions
  - contacts page - for squad reps/committee members /coaches.
- Downloads – competition results
  - Club downloads page – ndsc swimmer's information:
    - Training downloads
    - The annual competition plan (provisional)

# Finally.....

## Swimmers:

- **Compete to your strengths – train on your weaknesses**
- **Get to know your PBs – 100/200 f/s, 100/200 No 1/form stroke**
- **Compete in a range of events:**
  - **1/3 relatively easy- confidence building**
  - **1/3 competitive – a challenge, but in with a chance**
  - **1/3 difficult – a reality check. Long term this is where I want to be!!!**

## Parents:

- **Encourage – but please don't coach from the sidelines**
- **Be realistic about your child's potential achievements**
- **Want to help?**
  - **No prior qualifications required to help on poolside**
  - **Financial support available to pursue coaching qualifications**

**Questions?**