

B Squad

Coach Responsible: Carolyn McLeod

About the Coach

Welcome to all of you in B squad.

I started coaching in 1993 with Newbury helping Derek with Cruisers and Sprinters, then started taking qualifications and am now a Level 3 Club Coach also a qualified Timekeeper/Judge and Starter. I spent a couple of years coaching with Rosa Gallop who was then Head Coach at Bracknell.

Originally I was Treasurer and Registration secretary for about 7 years also being Squad Rep, pool time manager and ran the shop for a while.

My interest in swimming grew as my children enjoyed their time with Newbury Swimming Club, both my daughters qualified for Southern Region in Breaststroke.

About B Squad

B squad is divided into two sub squads B1 and B2. Currently B1 and B2 swim at the same time and the division is by lane. Ideally, additional coaching effort and pool time permitting, we may wish to separate these squads at some future date. The normal progression from Challengers is to B2. However if a county 200m qualifying time has been obtained in Challengers then progression can be straight to B1. The required training volume increases considerably in B squad, especially B1 – in fact B squad has as many training hours available to it as does A squad. As well as early morning swimming and land training, swimmers are expected to attend long course (50m pool) training which is held at Aldershot once a month.

As with Challengers and A squad, swimmers have a log book in which they can record their set goals, competition results, test set results and PBs.

Progression through B squad

As always progression will depend very much on enthusiasm and commitment as well as natural talent and for many swimmers, B squad is where many of these decisions are made. For those swimming in excess of the expected minimum of 5 sessions per week (plus land training and long course training) the progression through to A squad can be quite rapid if the criteria are met. B1 swimmers are also expected to attend a minimum number of open meets per year and to swim in the various championships if the qualifying times are attained

B2 swimmers can also eventually move through to A squad but the route is through B1 and hence the required 200 county time. Others may decide at this stage that they no longer wish to commit to the rigours of an intensive training programme but still wish to continue swimming whether it be competitive or just to keep fit. In this case the normal progression is through to Youth squad. However it is important to point out that none of these decisions are irreversible. Squad changes are possible at any stage so long as the criteria are met.

Carolyn McLeod