



## **WANTAGE WHITE HORSES SWIMMING CLUB THE SQUAD STRUCTURE**

Wantage White Horses Swimming Club aims to give swimmers of all abilities the opportunity to compete to their full potential, irrespective of age, ability or aspirations. It also wants all members to enjoy their swimming.

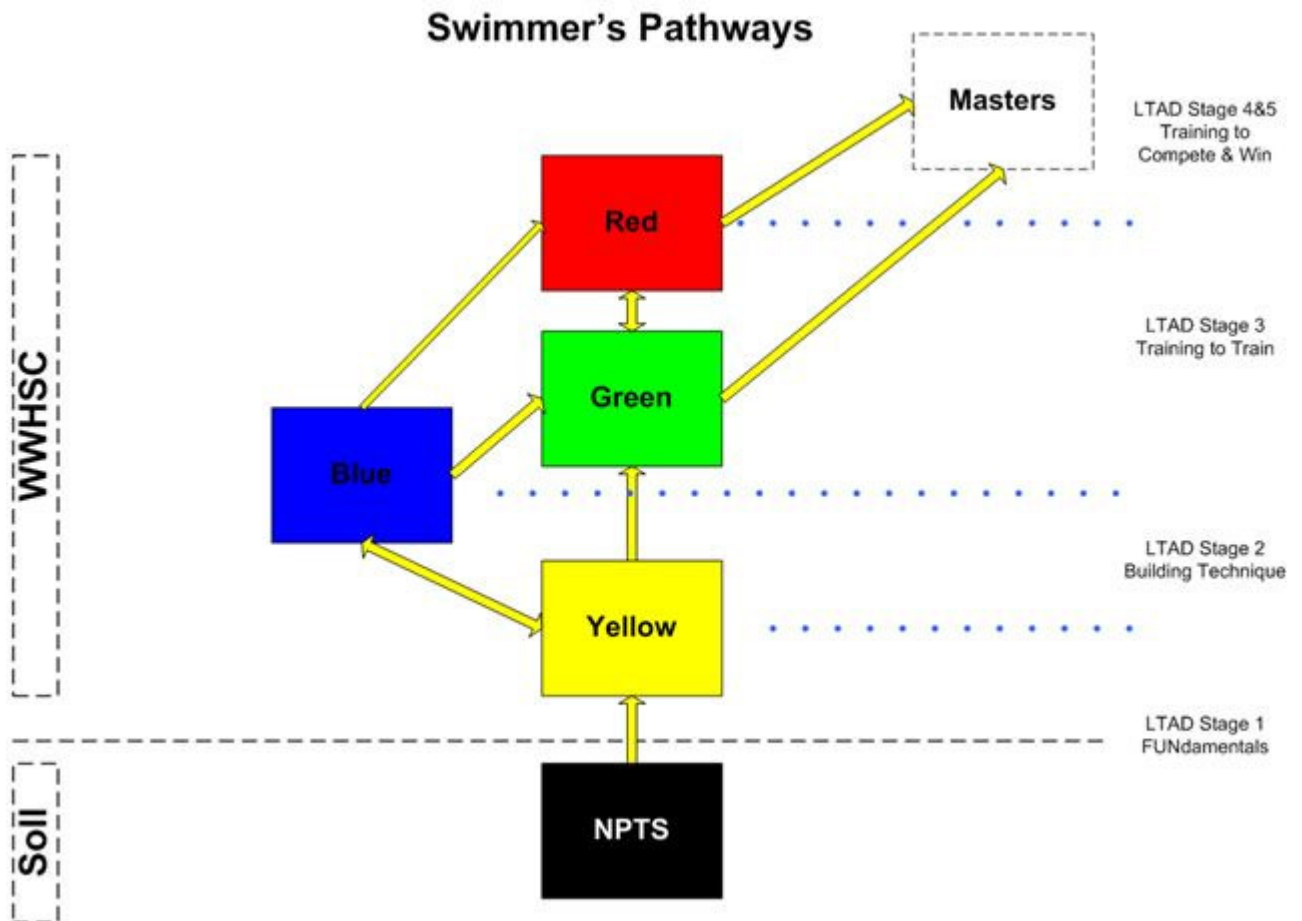
The squad structure recognises that swimmers of different ages have varying training needs. It also introduces flexibility to recognise that not all swimmers have the same aspirations at all stages in their swimming career.

Criteria for each squad have been developed to communicate to swimmers and their parents the objectives and expectations for training and competition, although they are guidelines and may be varied from time to time by the Head coach.

### **MOVING BETWEEN SQUADS**

- Swimmers will be moved at the appropriate time rather than mass changes at certain points of the year.
- Nominations for movement come from the coaching team if they believe the criteria for the next squad are met.
- Attitude, commitment, skills, attendance and age are all taken into account before a nominee is invited to join new squad.
- When a swimmer moves to a new squad they will be a trial period for 4 weeks to ensure the swimmer and the coaches are happy with the change.
- The Head Coach's decision is final
- When swimmers train with two clubs the coaching team may request written confirmation of weekly training attendance's from the second club.

# THE SQUADS



# THE SQUAD CRITERIA

## Yellow Squad

### Main sessions:

Friday 5.30pm- 6.30pm and  
Sunday 6.00pm to 7.00pm

- Swimmers aged 7– 11 years (although on occasions older swimmers who start competitive swimming later may spend a short time in this squad to help them develop technique)
- To encourage swimmers to enjoy swimming and aspire to become a competitive swimmer
- To develop and improve all round technical ability on all strokes
- To introduce, develop and improve competitive starts and turns
- To prepare swimmers for progression to the next squad
- To introduce swimmers to club and inter club competitions (MK Junior League, level 3 & 4 open meets)
- Swimmers expected to compete in open meets and league teams as selected by the coaching team, other meets by approval.

## Blue Squad

### Main sessions:

Tuesday 6.30pm to 8.00pm,  
Friday 5.30pm- 6.30pm or 6.30pm to 7.30pm (coach will advise) and  
Sunday 6.00pm to 7.00pm (and 7.00pm to 8.00pm if invited by coach)

- All swimmers to be aged 9 years or older
- To encourage swimmers to enjoy swimming and develop as a competitive swimmer
- To improve all round technical ability on all strokes and competitive starts and turns
- Swimmers will continue to attend club and inter club competitions

- To progress swimmers to achieve ONB County Championship times and to aspire to swim in the SE Regional Competition
- To fully prepare swimmers for progression to the next squad
- Swimmers should be able to be reasonably self sufficient in training and complete all sessions
- Swimmers should attend at least 3 sessions per week and show commitment by attendance at additional training sessions ( e.g. Saturday EMT)
- Swimmers should attend monthly meeting
- Swimmers will be asked to maintain a swimming log book ( to be brought to all sessions) as directed by the coach
- Swimmers expected to compete in open meets and league teams as selected by the coaching team, other meets by approval.

## **Green Squad**

### **Main sessions:**

**Tuesday 6.30pm to 8.00pm,**

**Friday 6.30pm to 7.30pm and**

**Sunday 7.00pm to 8.00pm**

- Swimmers to be 11 years or older ( although occasionally younger swimmers will join this squad)
- To encourage swimmers to enjoy swimming and to continue competitive swimming
- To offer opportunities for swimmers to fulfil their potential by building fitness and perfecting techniques
- Swimmers will be encouraged to continue to attend club and inter club competitions
- To progress swimmers to achieve ONB County Championship times
- To help swimmers prepare for progression to the next squad
- Swimmers should train a minimum of 3 sessions a week and are encouraged to attend additional sessions ( e.g. Saturday EMT)
- Show strong training discipline
- Swimmers expected to compete in open meets and league teams as selected by the coaching team, other meets by approval.

## **Red Squad**

### **Main sessions:**

**Tuesday 6.30pm to 8.00pm,**

**Friday 6.30pm to 7.30pm and**

**Sunday 7.00pm to 9.00pm**

- Swimmers to be 11 years or older ( although occasionally younger swimmers will join this squad) and to achieve a time within reasonable reach of a SE Regional accepted time
- To encourage swimmers enjoy swimming and to place swimmers in SE Regional championships and beyond. All swimmers must compete in all championships in which they qualify
- To offer opportunities for swimmers to fulfil their potential by building fitness and perfecting techniques.
- Commitment to Land Based Training and to attend weekly LBT session
- All swimmers must fulfil the minimum training commitments for their gender/age as agreed with the Head Coach
- Able to be reasonably self sufficient in training and complete all sessions
- Able to read the clock, take own time and other performance measurement on request.
- Show strong training discipline.
- Strong sporting attitude in training and competition. Take knocks on the chin and use experience to move forward.
- Team player.
- All swimmers must keep an up to date log book to be handed in as required by the head coach
- Swimmers must have good all round technical ability
- Swimmers must have fully complied with their previous squads criteria
- Attend monthly meeting
- Swimmers must show a good attitude to training and competition
- Swimmers expected to compete in open meets and league teams as selected by the coaching team, other meets by approval.

## Masters

- To develop swimming ability and/or fitness and offer a structured swimming program to suit the aims of the swimmer.
- This will not be a leisure lane swimming facility.
- Able to follow set sessions

**Please note the following sessions are open to swimmers from all squads;**

**Monday 6.30am to 7.30am,**

**Wednesday 6.30am to 7.30am,**

**Wednesday 7.00pm to 8.30pm (Our Lady's Abingdon School),**

**Thursday 6.30am to 7.30am,**

**Saturday 6.30am to 8.00am.**

### Club Overview

- WWHSC was established in 1978 and is affiliated to Oxfordshire and North Buckinghamshire County Amateur Swimming Association (ASA) and to the SE Region ASA. We aim to be a welcoming and involving club and strive to deliver year on year improvement in our successes and achievements.
- The object of the club is for its members to participate in competitive swimming.
- WWHSC are the only swimming club in the Vale of the White Horse DC to have Swim 21 and Clubmark accreditation. These are the Amateur Swimming Association's and Sport England's quality marks. [What is Swim21? Look here <http://www.britishswimming.org/vsite/vnavsite/page/directory/0,10853,5157-182482-199700-nav-list,00.html>]
- All coaches, officials and other participants offer their time and efforts on an entirely voluntary basis. WWHSC Coaches are UKCC / ASA qualified.
- The Club has access to 12.5 hours pool time each week and it also runs a 1 hour land based training session which focuses on core stability and flexibility.
- Wantage White Horses swimmers compete in a mini-league, open meets of all grades, County and Regional championships and of course, our own club championships.
- Swimmers of all ages are welcome (WWHSC has adult members who compete in Masters events).
- Club website: <http://www.wwhsc.co.uk>