** TRAINING SESSION TIMES AND** **EQUIPMENT LIST FOR – ‘REGIONAL DEVELOPMENT SQUAD’**

ALL BELOW TRAINING TIMES INCLUDE THE PRE AND POST TIMES THAT SWIMMERS ARE REQUIRED TO PARTICIPATE IN.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **REGIONAL DEVELOPMENT** |  | **AM** | **PM** | **TOTAL POOL** | **TOTAL GYM** | **TOTAL SESSIONS** |
| **Monday** |  | **NK - 5.25-7.00** |  | 1hr 30min |  |  |
|  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Wednesday** | Pool | **CITY - 5.25-7.00** |  | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Thursday** | Pool |  | NK - 6.20-8.10 | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Friday** | Pool | NK - 5.25 -7.00 | CITY - 8-9.10 | 2hr 30min |  | 2 |
|  | Gym |  | CITY - GYM 6.45-7.45 |  | 1hr |  |
| **Saturday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Sunday** | Pool | NK - 7.50-10.10 |  | 2hrs |  | 1 |
|  |  |  |  |  |  |  |
|  |  |  | **TOTAL** | **9hr** | 1hr | **6** |

Swimmers in ‘REGIONAL DEVELOPMENT SQUAD’ will have transferred from County or Regional Squad.

Swimmers will be able to transition to A2 Squad or to Senior Squad.

To transfer to A2 Squad swimmers will need to be within 5 seconds of the current years Swim England Regional Tier 1 Qualifying time. Swimmers can move to Senior Squad once they are 16 years plus and/or can no longer commit to all the training sessions.

Swim England Regional Tier 2 Qualifying times maybe, at the Head Coach’s discretion, taken into consideration.

There is no guarantee Swim England will continue to use the Tier 2 system moving forward.

There are a total of SIX swimming sessions totalling 9 hours available to all Regional Development Squad swimmers with pre/post pool land sessions and 1 gym session. Swimmers must attend minimum 5 sessions (unless otherwise agreed with the Head Coach)

All swimmers will be expected once given instruction, to carry out a pre-pool land warm up at sessions where there is no gym session beforehand. All swimmers will carry out a ten-minute post pool land stretch off using their foam rollers, after each training session.

Performing the above pre and post pool land warm up and stretch offs will reduce the risk of injury once they are in the pool and prevent muscle soreness post pool swimming.

ALL swimmers MUST arrive a minimum of five minutes before every session and be ready to commence the gym/land or 10 minutes pre-pool exercises and stay for the 10 minutes post pool stretch off where available.

Swimmers must be pool ready for the start of each session to maximise the available pool time they have available to them.

Swimmers with short training costumes must wear drag shorts/shorts on top of the training suits for all land sessions on the poolside.

When attending the land sessions with the qualified instructor, all swimmers must wear appropriate gym clothing and footwear with swimsuits beneath to reduce wasted time from gym to pool session.

NO CROCS / SLIDERS / INAPPROPIATE FOOTWEAR, WILL BE ALLOWED

It is advised for swimmers to shower before entering the pool on the days when the swim session takes place directly after the gym sessions.

**Swimmers who turn up late for the gym sessions will not be permitted to participate in those sessions. This is for health and safety reasons.**

**Anyone arriving late for pre-pool and pool swimming sessions need to speak to the session coach before starting the session. Swimmers may be refused entry depending upon arrival time and reason for lateness to establish discipline and show respect to other squad members.**

Squad movements will take place three times per year, (roughly October/November, February, and June).

If we feel a swimmer needs to be moved before this time, your Squad & Head Coach will discuss this an advise accordingly.

If we feel a swimmer is not attending or struggling with any session, we will ask that swimmer for a meeting to discuss their progress. The result of the meeting will either see an adapted training plan or a move to another more appropriate squad.

**POOL EQUIPMENT LIST FOR – ‘REGIONAL DEVELOPMENT SQUAD’**

• Wet bag.

• Small kickboard.

• Pull buoy.

• Hand paddles (slightly larger than swimmers hand, I would. recommend Finis agility strapless hand paddles).

• TheraBand/stretch band

• Short Training Fins.

• Snorkel & nose clip.

• 1 litre drinks bottle for every training hour.

• Spare hat & goggles (to be kept in wet bag).

• Large Foam Roller.

• Snack for post pool training/gym training.

All swimmers are to attend each session on **TIME** and **MUST** bring all above equipment and be ready to commence training.

Pauline Gourley

Head Coach Lincoln Vulcans SC

