

## **Age Group Development Squads - Parents meeting Sunday 7<sup>th</sup> March 2010**

- The City of Chester Swimming Club (COCS) provides the opportunity for Children to learn to swim and, as their skills develop, progress into the competitive squad structure enabling them to become the best Swimmer that they can be.
- Once a Swimmer moves on to the lowest tier of the Age Group Development Squads (AGDS) – the Bronze squad; there is an expectation that they should start competing. Initially entering meets organised by the COCS before progressing to meets held at other Clubs.
- The Swimmers' goal should be qualification for the Cheshire County, the North West Region (NWR) and, ultimately, the National Swimming Championships. The COCS realises not all Swimmers will make it to the very top of the sport but the training and opportunities offered will support each Swimmers development into being the very best they can be!
- Within the Amateur Swimming Association's (ASA) Long-term Athlete Development Plan (LTAD) there is defined a clear structure for organising and licensing meets. This structure only applies to meets held in pools of 25m (short course) or 50m (long course) in length.
- There are four levels of meet with Level 1 being the highest standard and Level 4 for Swimmers just starting out on their competitive journey. Times achieved by Swimmers at these meets must be sent to the ASA for entry into the National Rankings.
- Licensed meets CANNOT be held in the pool at Chester because it is 25 yards long. Also, any times achieved by the Swimmers will not be entered into the National Rankings. This does not mean the times cannot be used to enter some meets (See below).
- This did not use to be an issue because the times achieved at our Club Championships, Diddy Meet and Graded Distance Meet could be converted and were accepted for entry into the North Midlands and the Cheshire County Swimming Championships.
- Implicit within the ASA rules for Licensed Meets, especially Level 1 and 2, is the requirement for submitted times to be accurate and Organisers can resort to using the National Rankings to validate ALL entries and reject any entries that cannot be confirmed. This level of scrutiny has now been applied to the Cheshire County Swimming Championships. It has resulted in many of our Swimmers being unable to enter even though their converted times would have been good enough for qualification as has happened in the past.

- It is the view of the COCSC that this approach is, to say the least, unhelpful and detrimental to the many Swimmers that train and start their competitive journey in Swimming Clubs that only have access to 25 yard pools.
- It is the purpose of this meeting to identify how these difficulties can be overcome.
- The plan is fairly straightforward and can be described by the following steps:-

**Step 1:** All Swimmers in the AGDS to enter all events in the COCSC Diddy Meet (Sunday 25<sup>th</sup> April) and the COCSC Graded Distance Meet (Sunday 4<sup>th</sup> July). Each Swimmer will now have a set of times which, together with any times they have from the Club Championships, can be converted.

**Step 2:** The COCSC will identify Level 3 and 4 meets where these converted times will be acceptable. A provisional list up to the end of July already exists (see list at the end of this note).

**Step 3:** All Swimmers will be provided with an entry form for each of these meets with a target date for them to be completed and returned to the Competition Secretary (Mags Clethro) for processing. It is important that this date is adhered to otherwise the Swimmer's entry may not be processed and submitted.

**Step 4:** Swimmers compete and will secure times all of which will be submitted by the host Club for inclusion in to the National Rankings.

- If this 4 Step process is followed by the end of the year there will, hopefully, be an increased number of Swimmers at the COCSC with times in the National Rankings, which should make entry into the 2011 North Midlands and Cheshire County Swimming Championships more straightforward.
- As Swimmers get older it becomes increasingly more difficult to get times to qualify for the Level 3 / 4 meets, and in turn the North Midlands and Cheshire's. If a Swimmer misses the opportunities provided between the ages of 9 and 11 they start falling behind and will find it difficult to catch up.
- To make sure this process works the COCSC need volunteers to help out at the target meets.
- Questions.

COCSC Coaching Staff

3<sup>rd</sup> March 2010

**List of Target Level 3 and 4 Meets to end of 2009/2010 Swimming Season**

Sunday 25<sup>th</sup> April COCSC Diddy Meet

Saturday & Sunday 1<sup>st</sup> & 2<sup>nd</sup> May Wrexham Spring Meet

Saturday 12<sup>th</sup> June Cath Ankers B Meet Wrexham

Saturday & Sunday 26<sup>th</sup> & 27<sup>th</sup> June Liverpool Sprint Meet

Sunday 4<sup>th</sup> July COCSC American Graded Distance Meet

**List of Target Level 3 and 4 Meets in 2010/2011 Swimming Season**

Cheshire County Graded Meet (November)

Warrington Graded Meet (December)

Dates of these meet will be confirmed nearer the time