

2010/2011 Swimming Season

Revised COCSC Squad Structure and
Training Schedule

Presentation to Parents July 2010

Agenda

- Reasons for the proposed changes.
- Long Term Athlete Development Plan.
- New Squad Structure.
- Criteria.
- Training and Coaching Schedule.
- Q and A

Principle Reason for Change

- To develop a structure that better meets the ASA Long Term Athlete Development Plan.

Additional Drivers for Change

- Attendance, including early mornings, is unsatisfactory.
- Too many Swimmers not training at the required level (volume and intensity) for their Squad.
- Too many Swimmers are not entering the Competitions designated by the COCSC as target meets.

Additional Drivers for Change continued

- Time Standards especially achievement of required times in multi events needs to be addressed.
- Swimmers are out of age for their current Squad.
- Squad training hours are out of balance.
- Falling standards with respect to attitude and commitment.

ASA Long Term Athlete Development (LTAD) Plan

- The LTAD plan is aimed at allowing every swimmer to reach their potential.
- Target level for the new top squad –
Training to Compete.
- Target level for next tier –
Training to Train
- All other Squads covered by the “Swim Skills”
criteria

Training to Compete

- No. of pool sessions per week 8-12.
- Session duration 2 hours (nominal).
- Hours per week 16 minimum to 24 maximum.
- Land sessions 3 to 4 hours per week.

Training to Train

- No. of pool sessions per week 6-12.
- Session duration 2 hours (nominal).
- Hours per week 12 minimum to 24 maximum.
- Land sessions 2 to 3 hours per week.

Swim Skills

- No. of pool sessions per week 4-6.
- Session duration 1-1.5 hours.
- Hours per week 4 minimum to 9 maximum.
- Land sessions 1 to 2 hours per week.

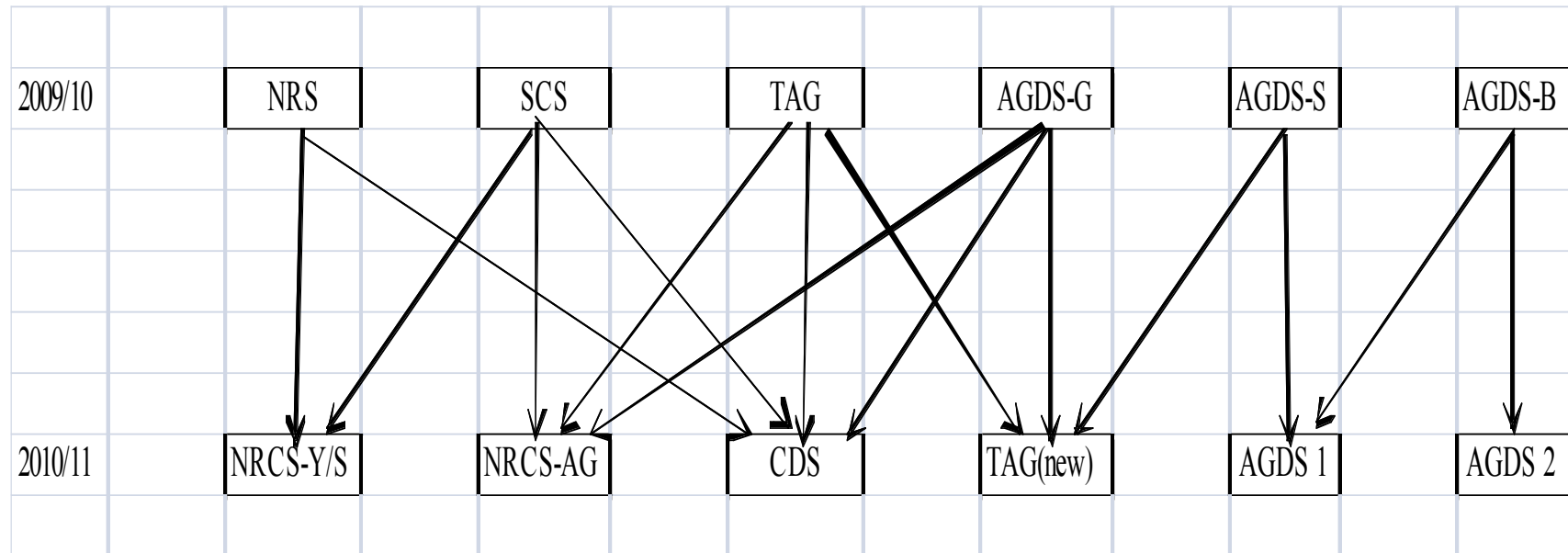
New Squad Structure

- National, Regional, County Squad-Youth/Senior (NRCS-Y/S) formed to meet Training to Compete criteria.
- National, Regional, County Squad-Age Group (NRCS-AG) formed to meet Training to Train criteria.

New Squad Structure continued

- Competitive Development Squad (CDS), Top Age Group Squad (TAGS) and Age Group Development Squads 1 and 2 (AGDS 1 & 2) meet the Swim Skills criteria.

Squad Route Map



Criteria for NRCS-Y/S

- Age Girls 14 and over, Boys 15 and over.
- Attendance 9 sessions per week and must not drop below a 4 week rolling average of 6/7.
- Enter all Competitions as directed by the Chief Coach and the Coaching Team.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Criteria for NRCS-AG

- Age Girls 13 and under, Boys 14 and under.
- Attendance 8 sessions per week and must not drop below a 4 week rolling average of 6.
- Enter all Competitions as directed by the Chief Coach and the Coaching Team.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Criteria for CDS

- For Swimmers who want to continue to TRAIN in a structure environment without the pressures to compete.
- Must enter COCSC Club Championships and North Midlands.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Criteria for TAGS

- Age Girls 13 and under, Boys 14 and under.
- Attendance 5 sessions per week and must not drop below a 4 week rolling average of 3-4.
- Enter all Competitions as directed by the Chief Coach and the Coaching Team.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Criteria for AGDS 1

- Age Girls 12 and under, Boys 13 and under.
- Attendance 4 sessions per week and must not drop below a 4 week rolling average of 3.
- Enter all Competitions as directed by the Chief Coach and the Coaching Team.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Criteria for AGDS 2

- Age Girls 11 and under, Boys 12 and under.
- Attendance 3 sessions per week and must not drop below a 4 week rolling average of 2.
- Enter all Competitions as directed by the Chief Coach and the Coaching Team.
- Complete all the work specified (volume & intensity).
- Be ready to go at designated start time of session.
- Respectful to their fellow Athletes and the Coaching Team.

Proposed Training Schedule

Squad	Session Logistics		Monday			Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			Total Hours				
			Uni	City Baths	Christleton	Uni	City Baths	Uni	City Baths	Uni	City Baths	Uni	City Baths	City Baths	City Baths		Manchester	am	pm	Total			
			am	pm	pm	pm	pm	am	pm	pm	pm	am	pm	pm	am	pm	am	pm	pm				
NRCS-Y/S	Pool	Time	0600-0730	1745-1945			1800-2015	0600-0730	1615-1800		1800-2000	0600-0730	1700-1900				(1300-1500)	1830-1930					
		Hours	1.50	2.00			2.25	1.50	1.75		2.00	1.50	2.00				(2.00)	2.00			4.50	12.00	16.50
	Land	Time		1630-1730			1645-1745		1815-1915														
		Hours		1.00			1.00		1.00														3.00
NRCS-AG	Pool	Time	0600-0730	1615-1745		1830-1930		0600-0730		1830-1930		0600-0730		1745-1945	0900-1030			(1300-1500)	1830-1930				
		Hours	1.50	1.50		1.00		1.50		1.00		1.50		2.00	1.50			(2.00)	2.00			4.50	7.50
	Land	Time		1800-1900										1630-1730									
		Hours		1.00										1.00									2.00
Competitive Development	Pool	Time	0600-0730				0600-0730	1800-1900		1700-1800	0600-0730			1130-1300									
		Hours	1.50				1.50	1.00		1.00	1.50			1.50								6.00	2.00
	Land	Time						1645-1745															
		Hours						1.00															1.00
TAG(new)	Pool	Time	0600-0730			1600-1700							1615-1745	0800-0900		0930-1100							
		Hours	1.50			1.00							1.50	1.00		1.50						4.00	2.50
	Land	Time												1800-1845									
		Hours												0.75									0.75
AGDS 1	Pool	Time				1900-2000				1600-1700				1030-1130		0800-0930							
		Hours				1.00				1.00				1.00		1.50						2.50	2.00
AGDS 2	Pool	Time			1800-1900			1800-1900								1100-1200							
		Hours			1.00		1.00									1.00						2.00	1.00
Total	Pool	Hours	1.50	3.50	1.00	1.00	4.25	1.50	3.75	1.00	4.00	1.50	2.00	3.50	5.00	0.00	4.00				2.00		39.50
		Hours		2.00			1.00		2.00		0.00			1.75									

Notes:

1. NRCS-AG should aim for TWO out of the THREE University based am sessions.
2. The Sunday City Baths sessions 1300-1500 should be a replacement for any long course session that is cancelled for one reason or another.
3. AGDS-Level 1 Tuesday pm session is in the Pacific as is AGDS-Level 2 Wednesday session.

Coaching Organisation

Squad	Session		Monday			Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
			Logistics		Uni	City Baths	Christleton	Uni	City Baths	Uni	City Baths	Uni	City Baths	Uni	City Baths	City Baths	City Baths	Manchester
			am	pm	pm	pm	pm	am	pm	pm	pm	am	pm	pm	am	pm	am	pm
NRCS-Y/S	Pool	Coach	DB	BH			BH	BH	BH		BH	BH					(1300-1500)	BH/DB
		Hours	1.50	2.00			2.25	1.50	1.75		2.00	1.50	2.00				(2.00)	2.00
	Land	Coach		CP			CP		CP									
		Hours		1.00			1.00		1.00									
NRCS-AG	Pool	Coach	DB	DB		DB		BH		DB		BH		DB	CP		(1300-1500)	BH/DB
		Hours	1.50	1.50		1.00		1.50		1.00		1.50		2.00	1.50		(2.00)	2.00
	Land	Coach		CP										CP				
		Hours		1.00										1.00				
Competitive Development	Pool	Coach	DB					BH	BH		BH	BH			CP			
		Hours	1.50					1.50	1.00		1.00	1.50			1.50			
		Coach							CP									
		Hours							1.00									
TAG(new)	Pool	Coach	DB				BH							DB	CP		DB	
		Hours	1.50				1.00							1.50	1.00		1.50	
	Land	Coach												CP				
		Hours												0.75				
AGDS 1	Coach					SR				DB				CP		DB		
	Hours					1.00				1.00				1.00		1.50		
AGDS 2	Coach			IS				IS								DB		
	Hours			1.00				1.00								1.00		
Total	Pool	Hours	1.50	3.50	1.00	1.00	4.25	1.50	3.75	1.00	4.00	1.50	2.00	3.50	5.00	0.00	4.00	2.00
	Land	Hours		2.00			1.00		2.00		0.00			1.75				

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