

Changes to Squad Structure – Information for Coaches

As you are probably aware, from 1st November 2004 we will be introducing a new squad structure. The new timetable for the squads is given below. All sessions will run at the current times except for Thursday evening in Tasker's. From 1st November the new Thursday night session times will be, 6.00 to 7.00pm and 7.00 to 8.00pm.

	Session 1	Session 2	Session3	Session hours
Mon	Learners / Intermediate 1 & 2	Junior/Senior Squad/NQ		5.30 to 6.30pm 6.30 to 7.30pm
Wed	Intermediate 1 & 2/ Junior (one lane only)	Junior/Senior Squad/NQ		7.00 to 7.45pm 7.45 to 8.45pm
Thurs	National Qualifiers (1 lane only)			6.00 to 8.00pm
	Junior Squad	Senior Squad / NQ		6.00 to 7.00pm 7.00 to 8.00pm
Fri	Learners/Intermediate 1	Intermediate 2/ Junior Squad	Senior Squad / NQ	7.00 to 7.45pm
				7.45 to 8.45pm 8.45 to 9.45pm

The criteria for the selection of the squads is:

<u>Learners</u>	Not yet able to swim 50m of two different strokes
<u>Intermediate 1</u>	Able to complete 50m of two different strokes but not yet capable of sustained continuous training.
<u>Intermediate 2</u>	As for intermediate 1, but able to train continuously and/or be legal in all four strokes.
<u>Junior</u>	Legal in all four strokes, able to execute competent racing dives and competitive turns. Able to sustain a reasonable level of training.
<u>Senior</u>	As for Juniors but able to maintain a high level of training without loss of technique.
<u>National Qualifiers</u>	Attained a National Qualifying time at 200m+, able to undertake a training session of at least 4000m whilst maintaining good technique throughout.

N.B. Swimmers wishing to achieve Junior Squad and above must demonstrate a willingness to compete for the club.

Based on attendance over the last few months' swimmers have been allocated a lane in the sessions that they normally attend, (squad and lane lists are attached). These will be used to get things started, if you think that there are any obvious anomalies then please let us know. If a swimmer eligible to attend a session for which they have not been allocated a lane turns up, please use your discretion in deciding where they should swim on that evening. If it is likely that they will be attending this session on a regular basis we will need to allocate them a permanent lane. Francis Johns will oversee the administration of the squad structure and will keep the squad and lane lists up to date. Swimmers will only be able to move lanes or squads after approval from the selection committee to ensure consistency. Therefore if you have a swimmer that is regularly swimming above or below the standard for your lane please inform Francis who will ensure a review is carried out.

In order to help monitor the effectiveness of these changes we would be grateful if you could keep a register of attendance for your lane/s and pass this on to Francis on a regular basis.