TEMPLEMORE
AMATEUR SWIMMING CLUB
developing tomorrows talent today

To all Templemore Amateur Swimming Club members.

Many of our members and parents have been aware that the Templemore Swimming Club Committee together with Head Coach Mark Craig and his team; Robin Higgins, Ross Gillespie and Paul McFarland have been tasked with the development of a new squad structure.

This requirement was based on an identified need to have a smoother performance pathway for our swimmers and it was evident that a participation and competitive pathway were required to meet our member's needs in supporting them to reach their individual goals and potential.

The committee wishes to acknowledge the time, effort and consideration Mark and his team have put into this plan. It has been a lengthy process, which we all are in support of.

We may need to consider some minor adjustments and would very much welcome your thoughts both now and regularly over the coming season. Arrangements will be kept under review and any feedback may be submitted via email info@templemore.org.uk or in person to your squad coach / Head coach / committee member. We will discuss these at our monthly meeting and revert shortly thereafter or sooner if possible to do so.

The following Squad Structure is effective from September 2013.

Please ascertain which squad applies to yourself, son or daughter and note the outline training times applicable.

Our Coaching Team;

Mark Craig - Head Coach
Ross Gillespie
Robin Higgins
Paul McFarland

For the coming season squad coaches will be:

Bronze – Mark
Silver – Robin
Gold – Mark
National Age Group – Ross
National – Mark
Sprint – Paul
Club – Gary Proctor (teacher) & Laura Atkins (teacher)

Bronze Squad

Coach – Mark Craig

This is the starting point for swimmers after they have successfully completed the Swim School program.

Swimmers are expected to do 2 to 3 sessions per week.

Outline Training times

BRONZE SQUAD				
DAY	TIME		LOCATION	NOTE
TUES	17.00	18.00	AVONIEL	
THURS	17.00	18.00	T'MORE	
SAT	07.30	9.00	AVONIEL	
SUN	14.30	16.00	T'MORE	

Silver Squad

Coach – Robin Higgins

Qualifying Time: 1min 45seconds 100 yards IM or

1 min 55 secs 100 metres IM.

Swimmers are expected to do 3 to 4 sessions per week.

Outline Training times

SILVER SQUAD				
DAY	TIME		LOCATION	NOTE
TUES	19.00	20.30	AVONIEL	
THURS	18.00	19.30	AVONIEL	
FRI	17.00	18.00	T'MORE	
SAT	07.30	9.00	AVONIEL	
SUN	12.30	14.30	T'MORE	

Gold Squad – NEW SQUAD

Coach – Mark Craig

This is the third step in the performance pathway. It's purpose is to encourage not only swimming development, but also to build on other aspects of swimming success, such as team building, nutrition, flexibility, land work and competition preparation. A review of each swimmer will continue at this stage to ensure technique in all strokes is developed with the goal of achieving a qualifying time for the next competitive squad.

Qualifying Times:	1min 30secs	100m Freestyle
	1min 40secs	100m Backstroke
	1min 50secs	100m Breaststroke
	1min 45secs	100 m Butterfly or
	3min 40 secs	200m IM.

These times to be achieved either at Qualifying Meetings or internal time trials.

Swimmers expected to do 4 sessions per week from a choice of 6.

Long course training will be offered and will count as one of the 4 sessions.

Outline Training times

GOLD SQUAD				
DAY	TIME		LOCATION	NOTE
TUES	19.00	20.30	AVONIEL	
WED	18.00	19.00	AVONIEL	
THURS	18.00	19.30	AVONIEL	
FRI	05.30	07.30	T'MORE	
FRI	19.00	20.00	T'MORE	
SAT	06.30	08.30	T'MORE	

National Age Group

Coach – Ross Gillespie

Swimmers must attend a minimum of 5 sessions per week from a choice of 7.

Qualifying Times: Irish Age Group Division 1 2013 12 and under for girls

Irish Age Group Division 1 2013 13 and under for boys.

Outline Training times

NATIONAL AGE GROUP SQUAD				
DAY	TIME		LOCATION	NOTE
MON	05.30	07.30	T'MORE	
WED	05.30	07.30	AVONIEL	
WED	19.00	20.30	AVONIEL	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION
THURS	19.30	20.30	AVONIEL	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION
FRI	05.30	07.30	AVONIEL	
SAT	06.30	08.30	T'MORE	Mark to take this session
SUN	15.30	17.30	BANGOR	Long Course training (invoiced in addition to Squad fees)

National Squad

Coach – Mark Craig

Swimmers must attend a minimum of 6 sessions per week from a choice of 8

Qualifying Times: Irish Age Group Division 1 2013 15 year old for girls

Irish Age Group Division 1 2013 16 year old for boys

Outline Training times

NATIONAL SQUAD				
DAY	TIME		LOCATION	NOTE
MON	05.30	07.30	T'MORE	Ross to take this session
MON	19.00	20.30	AVONIEL	
TUES	05.30	07.30	T'MORE	
THURS	05.30	07.30	AVONIEL	
THURS	19.30	20.30	AVONIEL	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION
SAT	06.30	08.30	T'MORE	
SAT	16.00	18.00	BANGOR	Long Course training (Invoiced in addition to Squad fees)
SUN	17.00	19.00	T'MORE	

Sprint Squad – NEW SQUAD

Coach – Paul McFarland

Sprint squad's aim is to provide competitive training focused on shorter distances at a level which will allow a swimmer the option of re entering competitive training squads at a future date or to compliment other sports training requirements e.g. Cross Country, Rugby, Football etc.

Swimmers must be aged 14+ and are expected to do a mix of land based and pool based sessions.

Qualifying Times: Ulster Age Group 2013 14 year old girl/boy time in any of the 100 metre events.

Outline Training times

SPRINT SQUAD				
DAY	TIME		LOCATION	NOTE
MON	19.00	20.30	AVONIEL	
WED	19.00	20.30	AVONIEL	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION
THURS	19.30	20.30	AVONIEL	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION
FRI	06.00	07.30	T'MORE	
SUN	18.00	19.00	T'MORE	PLUS 1 HOUR LAND TRAINING PRIOR TO SESSION

Club Squad

For swimmers who wish to continue swimming but as non-competitive recreational swimmers only.

3 sessions per week are available.

Outline Training times

CLUB SQUAD				
DAY	TIME		LOCATION	NOTE
TUES	19.00	20.00	T'MORE	
THURS	19.00	20.30	AVONIEL	
FRI	19.00	20.00	T'MORE	

Masters

For older swimmers

Outline Training times

MASTERS SQUAD				
DAY	TIME		LOCATION	NOTE
TUES	05.30	07.30	T'MORE	
THURS	05.30	07.30	AVONIEL	
FRI	05.30	07.30	AVONIEL	
SUN	17.00	18.00	T'MORE	

Some possible questions and answers :-

Is there any Land training and/or Long Course training?

We aim to make available Land training to all squads and long course training to the Gold Squad and above, where not currently built into training schedules, if sufficient demand is registered. Session times for these options will be notified at the beginning of the season in September.

Both Land and Long Course training fees are in addition to Squad Fees and will be invoiced separately. Fee structure will be advised at a future date.

Why have a Squad qualification requirement?

Squad qualification is based on demonstrated ability. These times to be achieved either at Qualifying Meetings or internal time trials. Swimmers therefore will train with others of similar ability with a defined goal to aim to achieve promotion to the next squad. Progression through this defined pathway offers swimmers a structure, which will better support fulfilling their individual potential.

When will swimmers move squads?

Swimmers can move squads within 3 promotion windows on achievement of the required qualifying time for the next squad. The promotion windows will be after Christmas, after the Ulster Age Groups gala and at the beginning of the season.

However, if a swimmer achieves a qualifying time outside of the promotion window they will be permitted to do one ADDITIONAL session with their new squad until the next promotion window. Swimmers who wish to do an additional session should maximize effort to attend all of their available squad sessions.

Is it possible to train with other squads?

No, it is not possible to train with other squads. This is to ensure the full training program offered by each squad is undergone. Cross training could result in a swimmer missing essential technical sessions and therefore hampering their overall development

Why is there a new Sprint Squad?

The introduction of our new Sprint Squad offers those who have already achieved a high standard but for whatever reason do not wish to commit to session requirements of National Age Group or National squads the opportunity to continue training at a significant level. e.g. Should a swimmer who has achieved the standard required for the National Age Group squad be unable to commit to 5 Sessions per week, they now have Sprint Squad to move to as well as the currently available Club Squad. In this instance, the

option of moving to Gold Squad would not be available. Sprint squad's aim is to provide competitive training levels which will allow a swimmer the option of re entering competitive training squads at a future date or to compliment other sports training requirements e.g. Cross Country, Rugby, Football etc.

Why is there a minimum age of 14 for Sprint Squad?

The reason for a 14 year old minimum age for sprint squad is to help ensure that the swimmers are physiologically at a similar age, as the types of training, technical development and more extensive land work programme will be aimed at a more mature athlete. There would also be limiting factors in terms of the swimmers long term development if a swimmer chose to adopt sprint training at a younger age as they would potentially miss their aerobic development window. They would also develop technical skills that would limit their potential range of events in the longer term making it much harder to get back into the main stream of the clubs performance pathway should they enjoy an increased enthusiasm for the sport.

Do Ulster Squad sessions count towards my session requirements?

Your squad session requirements ***may*** also be adhered to via other water complimenting high level sports routes. (Water Polo, Triathlon etc.) e.g. If a swimmer is attending 2 x Ulster Squad training sessions, which are confirmed with that squad's coach, the requirement for 5 or 6 sessions re the National Age Group and National Squads may be adjusted. Any session adjustments will be considered on an individual basis. The Head Coach will confirm if any external training sessions may count towards the minimum session requirement. Confirmation of satisfactory alternative training attendance will be required to be submitted on an agreed regular basis applicable to the individual and their other sporting interests and shall be reviewed. Should confirmation not be received as pre agreed, minimum session requirements shall apply and the swimmer shall be notified.

What happens if a swimmer under attends?

Each squad coach is responsible for informing the swimmer and parents if their attendance levels do not meet their squad requirements and therefore have become unsatisfactory e.g. When the swimmer is under attending regularly in the short term (one month) without reasons given or under attending regularly in the longer term (one cycle) where the parent and swimmer are providing reasons (illness, family problems, other commitments). Coaches will mark attendance session sheets and submit monthly to the Head Coach with reasons for non-attendance recorded where provided.

A solution may be they could be asked to train with an alternative squad e.g. Sprint Squad, but will be permitted a two week trial back in the squad to prove their commitment.

Can a swimmer choose which squad to train with?
(If they prefer one coach or want to train with their friends)

No the decision has been taken that swimmers are most likely to reach their potential if they are training with other swimmers of similar ability.

In order to train with a particular squad a swimmer must have achieved the QT for that squad and be prepared to commit to the required number of sessions.
The intention is that swimmers will progress, not stagnate and not hold up progression of others by not moving to the next squad
We have tried to offer alternative squads where possible within the resources available.
For this reason, those under 14 swimmers that have progressed to the National AG Squad and have achieved a National Squad QT, can remain in the National AG Squad until their 14th birthday after which they must commit to the National Squad or move to the Sprint Squad.

Codes of Conduct

Updated Codes of Conduct for Members and Parents will be included with Membership Renewal and Fee Invoices at the beginning of season. These must be signed and returned by 30 September 2013.

All Coaches and Training staff must sign their Code of Conduct and return by 30 September 2013 also.

Please refer to the website for these codes which outline the rights and responsibilities of our Members, Parents/Guardians and Teachers/Coaches.

How may I find out more?

Should you have any queries, which you wish to remain confidential please raise these directly with your coach or a committee member who will in turn obtain an answer for you.
Alternatively, send any questions via e-mail to info@templemore.org.uk and your question will be forwarded to the relevant person who will respond to your question.

This new squad structure has been designed by Mark and his team to support all our members of all abilities in achieving their full potential and goals.

We wish our coaching team and all our members success for the coming season.

Templemore Amateur Swimming Club Committee