



your swim academy

Performance Squads

# Introduction

Your Swim Academy Performance Squads run as an extension from Your Swim Academy and leads into competitive and performance swimming. There are different levels requiring different commitments; these levels are set out in a hierarchy of squads and compete through the racing outlet of the Borough of Barnsley Swimming Club, the Swim England registered club.

Your Swim Academy Performance Squads in Barnsley, offer opportunities to explore swimming at a competitive level offering local competitive gala's, and help swimmers achieve their full potential.

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# Vision, mission and identity

## Our Vision

Be the collective that builds confidence to allow everybody to be the best version of themselves.

## Our Mission

We strive to provide every swimmer with the best possible opportunity to achieve their best by encouraging and supporting each other.

## Our Values

**Assurance.** Continually developing confidence in everyone by providing a safe and nurturing environment.

**Advance.** Our squad framework ensures the athletes receive the correct training for their individual development, allowing them opportunity to develop their abilities.

**Achieve.** Consistently working hard with high levels of focus will help you reach your maximum potential.

# Squads

The Barnsley Performance pathway consists of six squads. Swimmers in these squads will range from the development stages, up to the elite performance.

The structure of the squads are designed to align with Optimal Athlete Development Framework (OADF) recommended by British Swimming, with a view of the Long Term Athlete Development (LTAD). This framework ensures the athletes receive the correct training for their individual development, allowing them to reach their maximum potential.

## Your Swim Academy Performance Squads:

### LINK Squad

The first is LINK squad, aimed to linking Your Swim Academy to the competitive side of the sport. Competitions here are friendly galas designed to introduce some competition, usually hosted by Your Swim Academy.

### Junior Squad

This is an exciting step as you'll be required to join the Swim England certified club, Borough of Barnsley Swimming Club (BoBSC), which offers you the first opportunity into racing. Competitions can range from friendly introductory competitions (home meets), to the Level 3 and 4 meets which will be done primarily through BoBSC. The aim here is to build on the swimmers aerobic base and develop their competitive techniques and skills to make the next step on Barnsley performance pathway.

## Junior Development Squad

Junior Development swimmers are focussed on achieving County standard. During this time the swimmer will continue to train within the FUNdamentals stage of LTAD, but will also begin to build on physical strength and continue to develop aerobic capacities and competitive techniques. Competitions are mostly low level competitions, open meets and County Championships.

## Intermediate Squad

It is in the Intermediate squad that swimmers will Learn-to-train. Swimmers will look at achieving county and regional standards. Attendance becomes a key factor to every athlete's progression at this stage. Competitions at this stage can range from 3 and 4 competitions, to open meets with a view to competing at County and Regional championships.

## A2 Squad

The purpose of A2 squad is to further enhance the aerobic system and improve skills to prepare for A-squad. The aims of the squad are to achieve annual progression. All members of this squad should be committed to be the very best swimmer that they are capable of being. The work done in the squad should build the foundations to enable this to happen. It is here that swimmers are Training to Train, building on their physical strength and conditioning and competing at county, regional and National levels.

## A Squad

The A squad are at the "Training to Train" stage with some swimmers in the "Training to Compete" stages. At this level there is greater individualisation of fitness and technical training with swimmers committing to a 'Performance Lifestyle'. The main objective of A Squad is to train to compete at the highest achievable level. Swimmers will qualify for County, Regional and National events during their time in the A squad, which will require commitment from the swimmer, parents or guardian, the coach towards training, attendance and land based exercises

## Competitive Development Squad

Competitive Development Squad allows an outlet for swimmers that either do not wish to commit to a 'Performance Lifestyle' or are developing later. Training will be delivered with individual goals in mind, ensuring each swimmer continues to improve whilst enjoying their sport. Commitment expectations and session availability progresses in line with swimmer development, allowing each athlete to reach their maximum potential.

# Junior Squad

**The purpose of the Junior squad is to introduce swimmers to compete at home meets, with the aim of achieving County standard in conjunction with the Borough of Barnsley Swimming Club.**

It is at this point, you will be required to join the club and register with the racing outlet of Borough of Barnsley Swimming Club. (BOBSC), the Swim England certified club. Junior squad is coached by Sarah Dudley with assistance from poolside helper, Carol Brain.

Junior Squad swimmers should attend 2-3 sessions per week depending on a combination of factors including: age, ability, stamina, level of skill, technique, concentration and how well they can hold that when they get tired.

Here we introduce efficient swimming through various drills whilst maintaining the enjoyment of the sport. We ask swimmers at this stage

to focus on improving their stroke whilst they learn commitment, attitude and training/competition skills to move to the Junior Development Squad skills by providing a quality training environment. The monthly direct debit for the Development Squad sessions is £32. Remember, you are no longer required to continue with Your Swim Academy sessions.

Junior squad train as one group three times per week. All training takes part in a 25m facility

There are no early morning requirements at this stage. Swimmers should work towards the Junior Development Squad criteria by the competitive ages of 12.

# Junior Development Squad

**The purpose of the Junior Development squad is to develop swimmers to a County standard in conjunction with the Borough of Barnsley Swimming Club.**

Junior Development squad is coached by Julie Rice.

Junior Development swimmers should attend 2-4 sessions per week depending on a combination of factors including: age, ability, stamina, level of skill, technique, concentration and how well they can hold that when they get tired.

At this stage we ask swimmers to continue with their focus of improving their techniques and race skills by providing a quality training environment. Swimmers in this squad will show commitment to their training/competition skills to make the next move to the Intermediate Squad. This also where we will start to introduce early morning training, which runs

alongside the Intermediate Squad focused entirely on skills. The swimmers will also be introduced to basic land based exercises which consists of pre-training mobility routines. The monthly direct debit for the Junior Development Squad sessions is £36.25. The Your Performance Academy sessions are illustrated on the 'Training Timetable' page. Each swimmer is different. If you are unsure, please talk to your coach.

Swimmers should work towards the Intermediate Squad criteria by the competitive age of 13. We understand that progressing to the Intermediate Squad at this time isn't for everyone and it's at this point we may recommend training with our Youth Squad.



# Intermediate Squad

The purpose of the Intermediate Squad is to develop swimmers at a County level/Final standard in conjunction with the Borough of Barnsley Swimming Club, with potential of achieving Regional qualifying times.

The Intermediate Squad is coached by Greg Lugton.

Intermediate Squad swimmers should attend 4–5 sessions per week depending on a combination of factors including: age, ability, stamina, level of skill, technique, concentration and how well they can hold that under fatigue. The number of sessions should increase each year.

We ask swimmers to continue with their development of improving their stroke techniques and race skills by providing a quality training environment. Here swimmers will continue with their land based skill development.

Swimmers should aim to attend 4–5 sessions per week in order to meet the criteria of the A2 Squad.

The Your Performance Academy sessions are illustrated on the 'Training Timetable' page. Each swimmer is different. If you are unsure, please talk to your coach.

The monthly direct debit for the Intermediate Squad membership is £43.50.

Swimmers should work towards the A2 Squad criteria by the competitive age of 14. We understand that progressing to A2 Squad at this time isn't for everyone and it's at this point we may recommend training with our Youth Squad.

# A2 Squad

**The purpose of A2 Squad is to develop swimmers at a County and Regional final level.**

The A2 Squad is coached by Joanne Archer.

A2 Squad swimmers should attend 5–6 sessions per week, along with two land based sessions, depending on a combination of factors including: age, ability, stamina, level of skill, technique, concentration and how well they can hold that under fatigue. These sessions are shown on the Your Swim Academy Performance Squad sessions which are illustrated on the 'Training Timetable' page.

A2 Squad swimmers are aiming for County and Regional final standard by committing to their training methods and improving technical proficiency within a quality training environment.

Swimmers should work towards the A Squad criteria by the competitive age of 15. We understand that progressing to A Squad at this time isn't for everyone and it's at this point we may recommend training with our Youth Squad.

The monthly direct debit for the A2 Squad membership is £63.

# A-Squad

**The Purpose of the A Squad is to develop swimmers at Regional, National and British Championship standards.**

The A Squad are coached by Head Coach, Carly Herbert.

Swimmers in the A Squad are expected to have a good understanding of the importance of consistent training and technical proficiency. They are expected to train 6–8 sessions per week, along with 2 land based sessions and extra gym sessions, depending on a combination of factors including: age, ability, stamina, level of skill, technique, concentration and how well they can hold that under fatigue. These sessions are shown on the Your Swim Academy Performance Squad sessions which are illustrated on the 'Training Timetable' page.

Swimmers in the A Squad are striving towards reaching their maximum potential by achieving technical and race skill proficiency in a quality training environment, therefore committing to a 'Performance Lifestyle'.

The monthly direct debit for the A Squad is £72.50.

# Competitive Development Squad

The purpose of Competitive Development Squad is to compete at Inter competitions, qualifying for County Championships.

Competitive Development Squad allows an outlet for swimmers that either do not wish to commit to a 'Performance Lifestyle' or are developing later. The Competitive Development Squad training is delivered with individual goals in mind whilst ensuring each swimmer continues to improve and enjoy their sport. Session availability allows the swimmer to continue developing in order to reach their maximum potential within a quality training environment.

Swimmers in the Competitive Development Squad should work towards the A squad criteria by attending 3-6 sessions per week.

The monthly direct debit for the Competitive Development Squad is £41.50.

# Timetable

Squad	Mon	Tues	Wed	Thurs	Fri	Sat
A	6.45-7:00pm PRE-POOL 7:00-8.30pm POOL Royston	5:30-7:00am POOL Metrodome 5:45-6:00pm PRE-POOL 6:00-8:00pm POOL 8:00-8:15pm POST POOL Royston	7:15-7:30pm PRE-POOL 7:30-9:00pm POST POOL Hoyland	5:30-7:00am POOL Metrodome 7:00-9:00pm POOL Dearneside	5:00-6:00pm PRE-POOL 6:00-8:00pm POOL 8:00-8:15pm POST POOL Dearneside	6:00-8:00am POOL 8:00-9:00am STUDIO Dearneside
A2	Rest	5:30-7:00am POOL Metrodome 7:00-7:15pm PRE-POOL 7:15-8:15pm POOL Metrodome	7:15-7:30pm PRE-POOL 7:30-9:00pm POOL Hoyland	5:30-7:00am POOL Metrodome 7:00-9:00pm POOL Dearneside	5:00-6:00pm PRE-POOL 6:00-8:00pm POOL 8:00-8:15pm POST POOL Dearneside	6:00-8:00am POOL 8:00-9:00am STUDIO Dearneside
Competitive Development Squad	Rest	5:30-7:00am POOL Metrodome 5:45-6:00pm PRE-POOL 6:00-8:00pm POOL 8:00-8:15pm POST POOL Royston	8:00-8:15pm PRE-POOL 8:15-9:15pm POOL Metrodome	Rest	7:30-9:00pm POOL Dearneside	4:00-5:00pm STUDIO 5:00-6:00pm POOL Dearneside

# Timetable

Squad	Mon	Tues	Wed	Thurs	Fri	Sat
Intermediate	Rest	5:30-7:00am POOL Metrodome 6:30-8:00pm POOL Dearneside	7:30-8:30pm POOL Royston	5:30-7:00am POOL Metrodome	7:00-8:30pm POOL Royston	4:00-5:00pm STUDIO 5:00-6:00pm POOL Dearneside
Junior Dev SQUAD	6:30-7:30pm POOL Dearneside	5:30-7:00am POOL Metrodome	Rest	7:00-8:30pm POOL Hoyland	Rest	4:00-5:00pm STUDIO 5:00-6:00pm POOL Dearneside
Juniors	Rest	7:15-8:15pm Metrodome	7:15-8:15pm Metrodome	7:30-8:30pm Royston	Rest	Rest

# Code of conduct

## Swimmers

### General behaviour

1. Treat all members of the training programme, and their corresponding club, with due respect including:
2. Fellow swimmers, Parents/Guardians, Coaches, Staff, Officials and Volunteers.
3. Treat all competitors and representatives from external institutions, training programmes and clubs with due respect.
4. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through BPL's training programme and/or the club disciplinary or welfare procedures.
5. Ensure behaviour in changing facilities is at all times appropriate. Remember, you are representing BPL and your respective club.

All of the above is both in person and via social media outlets.

### Competition

1. Please see your respective clubs' Code of Conducts

### Swimming training

1. Arrive in good time for pre-pool, 15 minutes before the session start time where possible.
2. Swimmers should not use the facilities if they have suffered sickness and/or diarrhoea in the last 48 hours. If you are too ill to go to school, you are too ill to take part in a training session.
3. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc. All equipment is used at your own risk.
4. Jewellery and accessories such as acrylic nails, can be a hazard and shall not be worn during swimming.
5. Swimmers should wear suitable swimwear. We recommend trunks or jammers for males, training costumes for females.
6. Use the toilet before training begins, at the end of sets or during the rest period. Always inform the coach if you need to leave the pool during training.
7. Listen to what your coach is telling you, they are the professionals. Only enter the pool when coaches ask you to.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, you may get injured.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets, you are only cheating yourself.
12. Think about what you are doing during training, and if you have any problems, please discuss them with your coach at an appropriate time.
13. If you have any problems with the behaviour of fellow members, you should report them at the time to an appropriate person.
14. You will meet the necessary requirements of relevant squad criteria, evaluated each season.
15. You will challenge yourself, be bold and have fun.

## Parents

1. Ensure contact and medical details are kept up to date. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions.
2. Delivery and collection of a swimmer.
  - A. Deliver and collect the swimmer punctually to and from coaching sessions. The safety and behaviour of the swimmer in the changing room is your responsibility. Please inform a member of staff or coaching staff if there is an unavoidable problem. If the training programme changes your child's lane/squad and/or times, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
  - B. Ensure your child knows who is collecting them and has the relevant contact details.
  - C. Ensure the coach/centre has a contact number for you if you are not staying for the session.
  - D. Inform the coach, along with a suitable reason, before a session if your child is to be delivered/collected late/early from a coaching session/meet and if so by whom.
  - E. For the safety of themselves and others, children aged 8 or younger, they must be accompanied by an adult at all times.
3. Encourage your child to be responsible for being properly and adequately attired for events, including all required equipment, i.e. hats, goggles etc.
4. Encourage your child to obey rules and teach them that they can only do their best.

### Behaviour as a spectator:

1. Behave responsibly as a spectator at training and treat swimmers, coaches and parents of yours and other clubs with due respect meeting Swim England's commitment to equality, diversity and inclusion.
2. Be supportive, not intrusive. Trust the coaches and do not interfere with the programme during training; be mindful that you are in a privileged position to watch your swimmer train, you don't get this opportunity in other learning forums, (i.e. schools)
3. Coaching your child not only undermines the coach(es), it will confuse the swimmer and may significantly impair their swimming career.
4. Do not enter poolside unless requested to do so or in an emergency. Respect that poolside is the coaches area of work. If you wish to have a discussion with the coach, please email them directly.
5. Provide love, support and a safe place to return to at the end of the day – leave coaching to the coaches.
6. Ensure they do not use inappropriate language within the training programme environment.
7. Show appreciation and support your child and all the team members.
8. Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach/nutritionist.
9. Support the coaches appropriately and raise any concerns you have in an appropriate manner.



## Parents

10. Personal belongings are left at the owner's risk.
11. Most of all help your child enjoy the sport, achieve to the best of their ability and be patient with progress – understand the journey to the top can be a long one.

All of the above is both in person and via social media outlets.

### **BPL will undertake to:**

1. Inform you at once if your child is ill and ensure their wellbeing until you are able to collect him/her.
2. Ensure good child protection guidelines are followed at all times to keep your child safe.
3. Ensure all activities are properly supervised/taught/coached and consent is obtained for any activity outside of that previously agreed.

### **The parent has a right to:**

1. Make a complaint to BPL management if they feel that the coach/teacher of the training programme is not acting appropriate to company standards. You can do this at any leisure centre.

### **Failure to comply**

1. Any misdemeanours and breach of these code of conducts will be dealt with by BPL may have their membership, or associated memberships, cancelled with immediate effect and without refund.