



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 Bassetlaw Swim Squad, the Swim England registered club.

Your Swim Academy Performance Squads in Bassetlaw, also works closely with the local community clubs to enhance the swimming pathway. These community clubs offer opportunities to explore swimming at a recreational level, to promote a healthy lifestyle, as well as offering local competitive gala's if you enjoy racing but can't commit to the requirement of performance swimming.

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Vision, mission and identity

Industriousness

Consistently working hard & with positive energy, diligently, in every aspect of your sport. This must be passed down through the squads to create a culture that values consistent hard work and very high standards.

Integrity

Integrity means following your moral or ethical convictions and doing the right thing in all circumstances, even if no one is watching you. Having integrity means you are true to yourself and would do nothing that demeans or dishonours you. This along with the quality of being trustworthy, reliable and consistent.

Intrepidity

To achieve maximum performance, fearlessness and ambition with resolute courage and grit are absolutely key. We must have a growth mindset to develop ourselves.



Squads

There are five squads in Bassetlaw 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. During your journey through LINK, you'll be encouraged to join a community swimming club, readying you to progress to Development Squad.

Development Squad

The next is Development squad. The aim here is to develop swimmers up to a County development standard in conjunction with the community clubs. It is at this point you will be required to join the racing outlet of Bassetlaw Swim Squad (BSS), the Swim England certified club. Competitions can range from friendly introductory competitions, to the County Championships and will be done primarily through your community club.



C-Squad

C-Squad swimmers are focussed on achieving County standard, still very much in conjunction with your community club, and pushing towards regional qualification. Competitions are mostly low level competitions, open meets and County Championships with your community club. But there is more opportunity to attend open meets with BSS and potentially the Regional Championships with BSS.

B-Squad

B-Squad is targeting a regional final standard of competitive swimming, again in conjunction with your community club, pushing towards a Home Nations qualifier. Competitions can still be quite varied in B-Squad due to the nature of the development of swimmers. Competitions can range from low level competitions with your community club, to open meets with Community Club or BSS and to the Regional Championships with BSS.

A-Squad

A-Squad is reserved for those swimmers competing towards a national or international standard. Competitions are directed by BSS and range from Regional to International level. Training in A-Squad becomes more bespoke and progressively increases other areas of performance such as strength and conditioning, nutrition and psychological support.



Link Squad

The purpose of LINK squad is to link Your Swim Academy to the competitive side of the sport and is coached by Guy Wilkinson.

Swimmers, usually aged between 7 and 9 years of age, should continue with their swimming lesson and attend one LINK squad session as an additional session. This additional session is at a reduced price, in-line with other bolt-on sessions, of £20/month. LINK squad memberships need to be set up at reception, following a trial session.

There are three LINK squad sessions, one at each site. If you can't make the session at your site, please speak with a staff member to look at attending a session at another site.

Once swimmers are ready to progress into Development Squad at around 9 or 10 years of age, and have finished Stage 10 in Your Swim Academy, you will also be signposted to join a Community Club. This process strengthens the local clubs and ensures the best progression for swimmers through the Bassetlaw Swimming Pathway.

Development Squad is the next step where swimmers really need a 25m facility, so we have two groups, one at Retford & one at Worksop.

Bircotes Leisure Centre

Tuesday evenings
6.30–7.30pm

Retford Leisure Centre

Thursday evening
Pre-pool is 5.50–6.00pm
Pool time 6.00–7.00pm

Worksop Leisure Centre

Monday evenings
5.30–6.30pm

Development Squad

The purpose of Development squad is to develop swimmers to a County Development standard in conjunction with community clubs.

It is at this point, you will be required to join a community club and register with the racing outlet of Bassetlaw Swim Squad (BSS), the Swim England certified club. Development squad is coached by Liam Marshall with assistance from Jasmine Harris-Hart and poolside helpers.

Development Squad 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.

Two of these sessions should be Your Swim Academy Performance Squads sessions, with at least one with a community club. The monthly direct debit for the Development Squad sessions is £49.50. Remember, you are no longer required to continue with Your Swim Academy sessions.

Development squad train as one group on a Sunday at Retford. Land training on poolside starts at 3.30pm, with the pool session being 4.00-5.00pm. During the week, the squad is split into two groups, one based out of Retford and one out of Worksop, both 25m facilities.

The Retford group trains on a Monday evening. Land training is 5.45pm and the pool session 6.00-7.00pm.

The Worksop group trains on a Tuesday evening. Land training is 5.45pm and the pool session 6.00-7.00pm.

There are no early morning requirements at this stage. Swimmers should work towards the C-Squad criteria between the competitive ages of 10 & 11.

We understand that progressing to C-Squad isn't for everyone and it's at this point we may recommend training solely with your community club. Remember, C-Squad is targeting a County standard of competitive swimming, reaching towards a regional standard.

C-Squad

The purpose of C-Squad squad is to develop swimmers to a County standard in conjunction with the community clubs, and target regional qualification.

C-squad is coached by George Hobson and Liam Marshall with assistance from poolside helpers.

C-Squad swimmers should attend 3-5 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 when they get tired.

Three of these sessions should be Your Swim Academy Performance Squad sessions, with at least one with a community club. The monthly direct debit for the Development Squad sessions is £67. 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.

C-Squad is where we start to introduce early morning training on a Saturday initially, and then Friday mornings. The Saturday time slot mimics B-Squad's Saturday AM session with the Friday AM focussed entirely on race skills and technique.

Swimmers should work towards the B-Squad criteria by the competitive age of 13. We understand that progressing to B-Squad at this time isn't for everyone and it's at this point we may recommend training solely with your community club. Remember, B-Squad is targeting a regional final standard of competitive swimming, looking ahead to the Home Nations competitions.

B-Squad

The purpose of B-Squad squad is to develop swimmers at a Regional Final standard in conjunction with the community clubs, with potential of achieving a Home Nations National competition.

B-Squad is coached by George Hobson with assistance from Stuart Evans.

B-Squad swimmers should attend 5-7 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.

These sessions should be made up of a combination between Your Swim Academy Performance Squad sessions and your home club, near a 75:25 ratio, 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 in B-Squad are required to keep a logbook, this can be in the form of a diary or notebook. Content should include date/time/location, an outline of the session along with any relevant information such as stroke counts, u/w kicks, times (fastest, slowest and

average) and a comment on how well the swimmers felt like they performed (what they learned, what they did well and what they could improve on).

Additional support sciences such as strength & conditioning, nutrition and sport psychology will be introduced at this stage.

The monthly direct debit for the B-Squad membership is £83.

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 solely with your community club. Remember, A-Squad is targeting a national standard of competitive swimming, looking ahead to international selection.

A-Squad

The purpose of A-Squad squad is to develop swimmers at a British Summer Meet standard, with potential of competing internationally.

A-Squad is coached by Head of Performance Swimming, Michael Glossop, with assistance from George Hobson.

A-Squad swimmers should attend 7-9 sessions per week, with extra gym available, 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 should be made up of only Your Swim Academy Performance Squad sessions which are illustrated on the 'Training Timetable' page.

A-Squad members will get access to workshops throughout the season, including but not limited to nutrition, psychology and strength & conditioning. Additional support sciences such as strength & conditioning, nutrition and sport psychology are enhanced at this stage. National qualifiers can access free nutrition consultation, get a reduced rate on personal trainer sessions and psychology consultations.

Once Michael has deemed it appropriate and necessary, A-Squad members can also access the fitness facilities across all sites.

Swimmers in A-Squad are required to keep a logbook, this can be in the form of a diary or notebook. Content should include date/time/location, an outline of the session along with any relevant information such as stroke counts, u/w kicks, times (fastest, slowest and average) and a comment on how well the swimmers felt like they performed (what they learned, what they did well and what they could improve on).

The monthly direct debit for the A- Squad membership is £98.

A-Squad		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Pool	5.30-7.00 WLC	5.30-7.00 RLC	Rest	5.30-7.00 RLC	5.30-7.00 RLC	6.15-8.15 WLC	Rest
	Post-pool	7.00-7.15	7.00-7.15	Rest	7.00-7.15	7.00-7.15	8.30-9.30	Rest
PM	Pre-pool	4.00-4.30	4.00-4.30	Rest	4.00-4.30	4.00-4.30	Rest	Rest
	Pool	4.30-6.30 RLC	4.30-6.30 WLC	Rest	4.30-6.30 RLC	4.30-6.30 WLC	Rest	Rest
	Post-pool	6.30-6.45	6.30-6.45	Rest	6.30-6.45	6.30-6.45	Rest	Rest

Swimmers should only attend Your Performance Squads sessions

B-Squad		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Pool	5.30-7.00 WLC	5.30-7.00 RLC	Rest	Rest	5.30-7.00 RLC	6.15-8.15 WLC	Rest
	Post-pool	7.00-7.15	7.00-7.15	Rest	Rest	7.00-7.15	8.30-9.30	Rest
PM	Pre-pool	4.00-4.30	4.00-4.30	Rest	4.00-4.30	4.00-4.30	Rest	Rest
	Pool	4.30-6.30 RLC	4.30-6.00 WLC	Rest	4.30-6.30* RLC	4.30-6.00 WLC	Rest	Rest
	Post-pool	6.30-6.45	6.00-6.15	Rest	6.30-6.45	6.00-6.15	Rest	Rest

Swimmers should attend Your Performance Squads sessions and community club sessions on a 75:25 basis *Prior Agreement Required.

C-Squad	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool	6.30–7.30pm RLC	6.30–7.30pm WLC	Rest	Rest	5.30–7.00am* RLC	6.30–7.30am RLC	Rest
Pre/Post-pool	6.15–6.30pm RLC	6.15–6.30pm WLC	Rest	Rest	7.00–7.15am RLC	6.15–6.30am 7.30–7.45am RLC	Rest

Swimmers should attend Your Performance Squads sessions and community club sessions on a 60:40 basis. *By invitation only.

Development	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pre Pool	5.45–6.00pm RLC	5.45–6.00pm WLC	Rest	Rest	Rest	Rest	3.30–4.00pm RLC
Pool	6.00–7.00pm RLC	6.00–7.00pm WLC	Rest	Rest	Rest	Rest	4.00–5.00pm RLC Full Squad

Swimmers should attend Your Performance Squads sessions and community club sessions on a 50:50 basis.

Link	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pre Pool	5.20–5.30pm WLC	6.20–6.30pm BLC	Rest	5.50–6.00pm RLC	Rest	Rest	Rest
Pool	5.30–6.30pm WLC	6.30–7.30pm BLC	Rest	6.00–7.00pm RLC	Rest	Rest	Rest

Swimmers should attend one LINK squad session AND one Swim Academy lesson before being signposted to a community club.

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.