|  |  |  |  |
| --- | --- | --- | --- |
|  | **B SQUAD** | **SQUAD COACH:** | **JO WATERWORTH** |
| **INTRODUCTION** | B squad is the progression from Development. In this squad not only will you continue your development on all 4 strokes but you will also be introduced to different methods of training and also different energy systems through different types of training (Over distance, Fartlek, Anaerobic Threshold, HVO).  Swimmers in this squad will also increase the amount of competitions/galas they attend (club, league, Graded and open) Swimmers in this squad will also do a majority of their overall volume on kick (25-30%)Swimmers in this squad will be trained as Individual medley swimmers with the 200 IM being the main focus for every swimmer.  Also as part of this squad swimmers will be introduced to land training, this will include core strength and stability, circuit exercises and flexibility exercises.  New equipment that will be introduced to this squad are:   * Snorkel, Hand Paddles | | |
| **TRAINING TIMES:** | |  |  |  |  | | --- | --- | --- | --- | | **Day** | **Time** | **Type** | **Venue** | | **Monday PM** | **18.30-19.30** | **Swim** | **Thirsk Pool`** | | **Tuesday PM** | **19.30-20.30** | **Swim** | **Thirsk Pool** | | **Thursday PM** | **19.00-20.30** | **Swim** | **Thirsk Pool** | | **Friday PM** | **19.30-21.00** | **Swim** | **Thirsk Pool** | | **Sunday PM** | **17.00-18.30** | **Swim** | **Thirsk Pool** |   **Total amount of pool time:**  6.5 hours per week available | | |
| **AIMS AND OBJECTIVES:** | * To ensure athletes are able to complete 400 freestyle, 200 IM, and 100m on each of the competitive strokes under race conditions, including correct and legal turns as per ASA guidelines and rules * To prepare swimmers for the demands of A Squad * To continue improvement on competition skills (starts, turns, finishes) * To continue development on effective technique on all 4 strokes * To undertake increased volume of aerobic training * Provide swimmers with the opportunity to participate in competitions relevant to their ability * Develop individuals as all round athletes through a variety of cross training | | |
| **SELECTION CRITERIA:** | * Age Guide 9-16 years old * Ability to complete the following test sets:  1. **10 x 50 Main stroke kick on 1 minute 15 seconds** 2. **8 x 100 FC swim on 2 minutes (with correct turns and UW work)** 3. **6 x 100 IM swim on 2 minutes 15 seconds (with race legal turns based on ASA rules and regs)**  * ***50 % attendance in previous squad*** unless discussed and cleared by the squad coach/teacher | | |
| **ATTITUDE & COMMITMENT CRITERIA:** | * ***Minimum 50% attendance*** (3.5hours per week) unless discussed and cleared by the head coach * Always arrive on poolside 10 minutes before the session is due to start with hats and goggles on ready to go * Always arrive with the following equipment:-*Hat, Goggles (+spare pair), Drink (1L per 1 hour), kick board, Pull buoy, Fins, Paddles* * Compete in all club galas, unless discussed and cleared by the head coach * Compete in league galas when asked unless discussed and cleared by the teacher/coach in charge of that league * Maintain and update relevant areas of the squad log book * Attend any other galas/competitions selected by the coach unless discussed and cleared by the coach/teacher of the squad * Attend a minimum of 3 open gala during the year, must be Cat 2 registered * Sessions must be completed to the swimmers best ability maintaining a positive attitude throughout and starting to providing the younger members with role models and people who they can look up to | | |
| **EXIT CRITERIA:** | * Swimmers fail to achieved the published commitment criteria unless discussed and cleared by the squad coach/teacher * Swimmers fails to adhere to the TWHST code of conduct * Swimmers not conducting themselves in a way that they can achieve the squads aims and objectives (Technical, Physical, Mental) in this instance they may be moved into a different squad * Injury- swimmer may be invited to join Fitness Squad during their recovery | | |