



**DISS OTTERS**

A local swimming club at the heart of the community



# Regional Squad Policy

## Squad Objectives

The goal of Regional Squad is to train at the 'Training to Compete' level of the DOSC LTAD pathway and demonstrate good commitment, attitude, and training/ competition skills. Regional Squad is for swimmers focussed for swimmers competing at county level and working toward regional level competitions.

The training program of this squad prioritises physiological, technical, and tactical development. Four training sessions available each week.

## Squad Age Range

14-18 years.

## This squad includes the following work and expectations

1. Stroke progressions and drills are continued and expanded with swimmers being exposed to more complex progressions.
2. A variety of test sets integrated into the program.
3. Complete a well-balanced training programme including equal kick and pull sets.
4. All swimmers to learn the use of pace, stroke rate, stroke count and training based on heart rate or perceived effort.
5. Independently monitor training by use of the pace clock in all training sets without coach support.
6. Perfect start, turns, and finishes for all four competitive strokes, including IM turns. Consistently aiming for 5-7 fly kicks off all walls in a streamlined position
7. Perform a step relay takeover.
8. Swimmers are on poolside at least 10 minutes before the start of each pool session to complete mobility work.
9. Swimmers are encouraged to stretch after sessions.
10. A positive mindset both in training and competition. A team player, respectful, supportive, and caring.
11. Enter team events, and open meets at the direction of your squad coach. Swimmers encouraged to have up to date licensed times (within the last 6 months) in the following events as a minimum: All 50s and 100s, 200 Free, 200 IM plus at least one other 200m event, 400 FC and 400 IM.
12. Swimmers are learning to balance swimming, school / work and social commitments. Swimmers in exam years are encouraged to discuss their training programme with the Head Coach.

13. Swimmers are learning to be accountable for their own effort, actions, and behaviours.
14. Swimmers set process orientated goals to motivate and drive their own development.
15. Swimmers are developing an understanding of training cycles and the importance of competing and work towards their long-term goals.
16. Abide by the clubs training and competition values.

### **Squad Entry**

- To have achieved multiple County qualifying times for the season.
- At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity maintain the desired skill standards.

### **Squad Minimum Commitment**

Swimmers should be able to commit to a minimum of 6 hours per week but aiming for 8 hours once settled.

### **Assessments**

Swimmer's progress and ability to meet the criteria and expectations of the squad will be monitored throughout the season. Swimmers who are not meeting the criteria and expectations for the squad will be informed of this and will be given a set period of time to reach the required standard. If swimmers are still not meeting the squad's criteria and expectations after this time frame, they will be moved to a more appropriate squad for their abilities, attitude, commitment, and ambition.

### **Target Competitions**

Swimmers in Regional Squad are expected to attend the following competitions:

- Club Championships
- Level 3 competition
- Norfolk County Championships
- Aim to achieve Regional QT.

### **Kit Requirements**

Swimmers are expected to bring all equipment from the Regional squad kit list to all their training sessions.

### **Code of Conduct**

All swimmers are expected to follow the swimmers code of conduct.