



**AQUAJETS Swim Team**

**Squad Information**

**Pack:**

**Development-A**

# AQUAJETS SWIM TEAM DEVELOPMENT-A INFORMATION PACK

Dear parent/swimmer,

The aim of Development A is to provide an introduction to competitive swimming. Swimmers will be encouraged to engage in and love the sport, have fun in the sessions and make friends while also learning how to train and work towards goals. Focus will be on developing a solid base of technical skills on which to build a future in the sport. All four strokes will be taught, as well as competitive starts and turns. Swimmers will be exposed to regular time trails and assessments which will be tracked and assessed by the coaching staff.

Competition outside of inhouse assessments and time trials will begin for those swimmers in this squad aged 9 and above. Select members of this squad may also will be invited to train with Performance-C on occasion if they demonstration they are capable to do so, this will be at the discretion of the coaching staff. The swimmers across the Development squads will usually be aged 6 to 12. Exceptions may be made with all squad allocations being at the discretion of the coaching staff.

Kind regards,

Paul Callender  
Development  
Coach  
Aquajets

Julia Murden  
Performance-C  
+  
Development  
Coach  
Aquajets

Isabelle Eddy  
Development  
Coach  
Aquajets

Will Murden  
Head Coach  
Aquajets

**AQUAJETS Squad Structure**

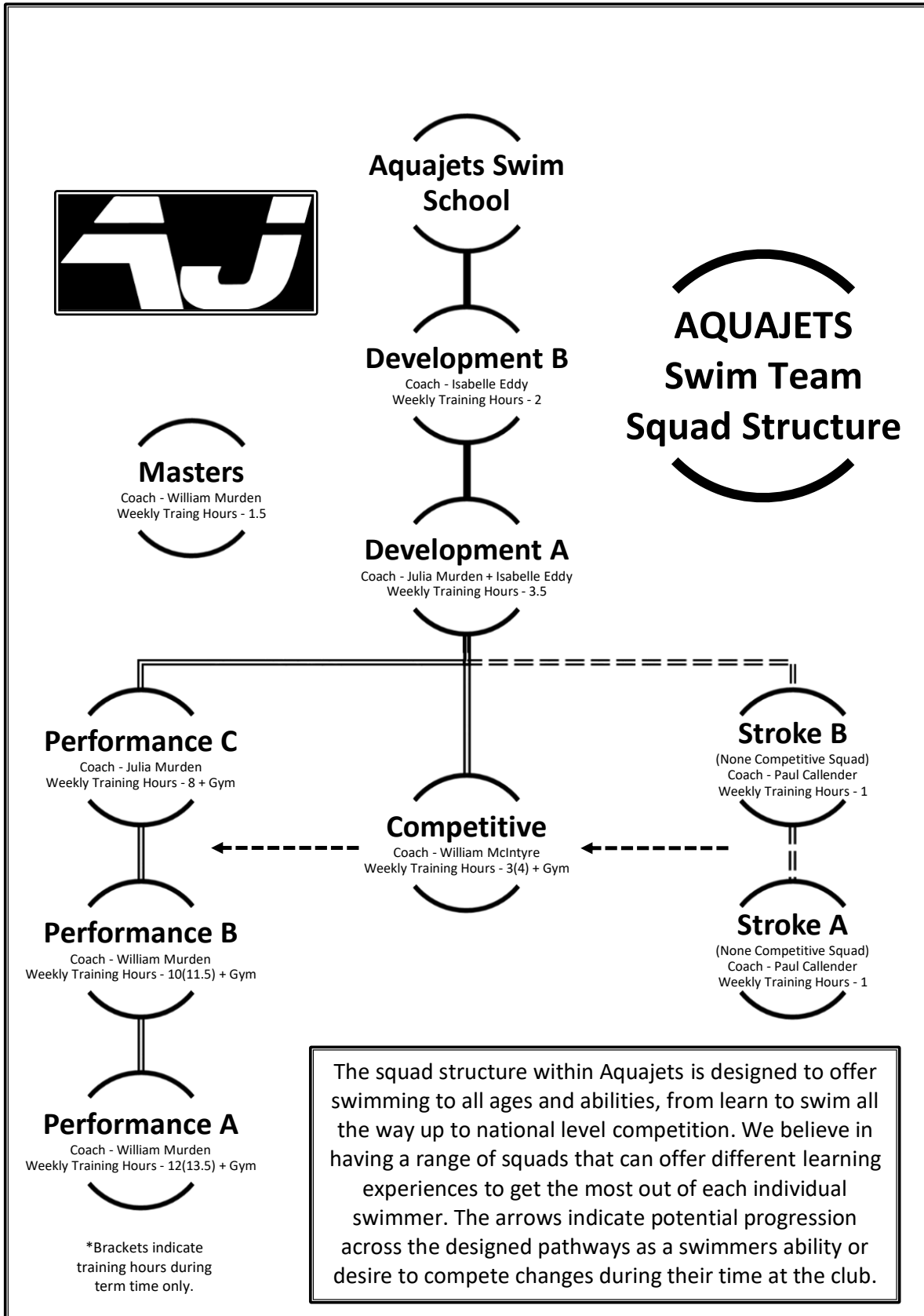


Figure 1.

**Squad Information**

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## Coach:

Julia Murden

[juliacoachaquajets@gmail.com](mailto:juliacoachaquajets@gmail.com)

Isabelle Eddy

[isabellecoachaquajets@gmail.com](mailto:isabellecoachaquajets@gmail.com)

Paul Callender

[paulcoachaquajets@gmail.com](mailto:paulcoachaquajets@gmail.com)

## Fees:

### Monthly Squad Fee:

£61

*Squad fees must be paid on time, by the 1<sup>st</sup> of each month. Members whose fees that are not paid within 30 days of the required date will receive a reminder along with a £10 fine for late payment.*

### Annual Membership Fee:

£30-£50

*Due the 1<sup>st</sup> of July each year, the club charges an annual membership fee which covers club equipment and staff training. The amount due will be declared in June along with what investments have been made into the club the previous 12 months.*

### Swim England Membership Fee:

For more information on our governing body and fee please visit the website here (<https://www.swimming.org/swimengland/membership-for-clubs/>)

## Squad movements:

Current club members can expect squad movements to occur around August, January and April. Members will be informed two to four weeks in advance of any movements. Movements from Development-A into Performance-C may take place over period where swimmers will train with both squads, initially only one or two session a week with Performance-C before slowly transitioning to training with Performance-C full time. This is to allow young swimmers to adapt to the increased training load and make sure they are ready for a more competitive environment. The length of this transition period will be individual to each swimmer.

New members may be asked to come in for a thirty-minute trial session to assess what squad would be most suitable for them. Following this session all new members will initiate a two-week trial period to assess if the swimmer is suitable for the squad, and to give the swimmer time to see if they are comfortable within the new club environment.

## Equipment:

Members of Development-A are required to have the following equipment.

- Kick board
- Alignment board
- Finger paddles
- Snorkel
- Fins

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- Water Bottle
- AJ T-Shirt
- AJ Shorts

AJ T-Shirt & Shorts are required for competition attendance. Club attire can be found here (<https://www.moette.co.uk/Clubs/Swimming/Aqua-Jets?page=1>) on the club website.

## Training schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sport Central - Pool 19:00- 20:00	Sport Central - Pool 19:00-20:00			Sport Central - Pool 18:00- 19:30	

Figure 2. The weekly training schedule for Development-A. A total of 3 pool sessions (3.5 hours).

## Competition:

Swimmers in Development-A will be selected on a individual basis to attend external galas. The squad coach will invite swimmers to compete when they are deemed technically ready and are able to cope with a competitive environment.

## Before The Gala:

All meet information is available here (<https://www.aquajetsnewcastle.co.uk/calendar/>) on the club website. This will provide you with the location and time of the gala. Warmup times will vary from gala to gala, you should always check the meet information for the warmup times for each gala. If swimmers are travelling together via coach then the time of departure and the meeting point will also be available via the club website. The night before the gala get a good night's rest, no sleep overs if you want to do well at competition!

## Day of The Gala:

Swimmers must attend galas with the following.

- Club kit (T-Shirt and Shorts are the minimum requirements)
- Aquajets swimming hat which every swimmer must compete in (Hats are available for £10 and can be requested by contacting [aquajetscontact@gmail.com](mailto:aquajetscontact@gmail.com))
- Two pairs of goggles in case one pair snap.
- Two swimsuits
- Two towels
- Kickboard

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- Water bottle
- Snacks
- List of their swims for the day with a note of their PBs

At the gala swimmers will be allocated a heat number and a lane number for each of their races, the coach supervising the gala always place this information on the wall at the event so that the swimmers can check it at any time. Swimmers will be sent to the marshalling area a few heats before they are due to swim where they will be marshalled by the meet organisers to behind the blocks. Before they race, they will be asked by the official behind their block to confirm their name. After the race has finished and they are asked to leave the pool by the officials, swimmers are to go directly to their coach for feedback on the race and they will then be given instructions on what to do next. If swimmers win medals, they will have to collect their medal from the medal table. Once a swimmer has completed their races for the day, they are free to leave poolside and return home. The swimmer must always ask the coaches permission if they wish to leave the poolside. Times at any gala will be uploaded to Swim England Rankings within 48 hours of competition.

*\*An individuals times and swimming points can be found here (<https://www.swimmingresults.org/individualbest/>) by searching by surname or Swim England membership number. The World Aquatics Point Scoring assigns point values to swimming performances. Points allow for comparison of results across different events. Base times (1000 points) are defined every year, based on the latest World Record that was approved by World Aquatics. The base times are defined for all common individual events and relays, separated for men/women and long course/short course. More information on swimming points can be found here (<https://www.fina.org/swimming/points>).*

British swimming categorises meets into 4 levels depending on the standard of the meet. Further explanation on the levels of licensed meets can be found here (<https://www.swimming.org/sport/licensed-meets/>).

### Entries:

An entry sheet will be uploaded to the website containing each swimmers events, the amount due and a payment due date (Please note £1 will be added to the cost of each swim to help cover the coaches expenses). Payment must be made by 5pm on the due date or swimmers will not be entered, any late payments will not be accepted.

### Speed Awards

Once a month swimmers in Development squads will be tested against the standards below. Swimmers who achieve a time faster than that of a Bronze, Silver, Gold or Platinum

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standard will be given a medal of the relevant colour. Times are taken from a push, not a dive, to eliminate the large variances that the quality of a dive can cause in younger age groups. Swimmers ages will also be categorised by an 'age at years end' system i.e the age will be on the 31<sup>st</sup> of December of any given year. We use this system to fall in line with how swimmers will qualify and compete in competitions as they progress into more serious galas during their time at Aquajets. At many of the more high-end competitions the age of a swimmer on the 31<sup>st</sup> of December that given year is the age group category they will be required to compete in.

	Girls				Boys			
	8 & Under				8 & Under			
Stroke	Fr	Bk	Br	Fly	Fr	Bk	Br	Fly
Platinum	19.10	22.30	26.30	22.80	19.35	22.95	25.50	22.30
Gold	19.85	23.45	27.55	24.10	20.00	24.15	27.05	23.35
Silver	22.80	27.65	32.15	28.85	22.65	28.30	31.30	27.40
Bronze	25.60	31.80	36.85	33.60	25.25	32.60	35.65	31.50
	10 & Under				10 & Under			
Stroke	Fr	Bk	Br	Fly	Fr	Bk	Br	Fly
Platinum	17.90	20.35	23.80	20.50	17.70	20.50	23.40	20.10
Gold	18.60	21.30	24.85	21.50	18.35	21.50	24.40	21.05
Silver	20.70	24.15	28.00	24.60	20.30	24.40	27.45	23.90
Bronze	22.75	27.00	31.20	27.70	22.25	27.35	30.55	26.75
	12 & Under				12 & Under			
Stroke	Fr	Bk	Br	Fly	Fr	Bk	Br	Fly
Platinum	16.70	18.40	21.30	18.20	16.05	18.05	21.30	17.90
Gold	17.35	19.15	22.15	18.90	16.70	18.85	21.75	18.75
Silver	18.60	20.65	23.85	20.35	17.95	20.50	23.60	20.40
Bronze	19.90	22.20	25.55	21.80	19.25	22.10	25.45	22.00

Figure 3. The time from a push over 25m across all 4 strokes Bronze, Silver, Gold & Platinum awards in Development relative to age on the 31<sup>st</sup> of December of any given year. Standards are derived from USA swimming's National Age Group Motivational Times for Short Course Meters which can be found here (<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>).

## **Squad Criteria**

To earn and maintain a place in Development-A members must meet the following criteria.

- **Always adhere to the Swim England code of conduct (See Pages 10-13).**
- **Aim to attend 100% of pool sessions, a minimum of 65% attendance is required (See Figure 2).**

There may be exceptions to the above criteria when the following are concerned.

- Illness
- Injury
- Holidays

Squad coaches must be informed at the earliest opportunity, via email, of any holidays or time away from training the swimmer may have. Even small amounts of training missed can have an impact on a swimmers progression, it is important the squad coach knows as soon as possible so they can adapt the program accordingly and limit any regression.

## Code of Conduct for children



## As a member of our club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming, para-swimming, diving, high diving, artistic swimming, water polo and open water swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

## As a member of our club or activity we expect you to:

### Essentials

- 1 Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
- 2 Take care of our equipment and premises as if they were your own.
- 3 Make it to training and competitions on time and if you're running late, let a member of the club know.
- 4 Make your coach or teacher aware if you have any difficulties attending training or competitions.
- 5 Not wander off, or leave training or a competition without telling your coach, teacher or team manager.
- 6 Bring the right kit to training and competitions.
- 7 Follow the rules of the club, squad or activity at all times.
- 8 Respect the privacy of others especially in the changing rooms.

### Behaviour

- 1 Make our club and activity a fun, happy, friendly and welcoming place to be.
- 2 Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.

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- 3 Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
- 4 Not use any device to take photographs or footage of others in the changing rooms or cubicles.
- 5 Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- 6 Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
- 7 Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- 8 Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- 9 Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
- 10 Respect the children and adults competing for other teams at competitions.
- 11 Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
- 12 Get involved in club decisions, it's your sport too.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.**

Signature of the child

Signature of parent/guardian

Date

# Code of Conduct for parents/guardians

As a parent/guardian of a club member we understand you have the right to:

- Be assured that your child is safeguarded during their time with us.
- Know how to access our club policies, rules and procedures.
- Know who the Welfare Officer is and how to contact them.
- Know that any concerns about your child's welfare will be listened to and responded to.
- Know what qualifications and training those with responsibility for your child have.
- Be informed of problems or concerns relating to your child, where appropriate.
- Know the procedure should your child be involved in an accident or become injured.
- Provide your consent or otherwise for photography and trips away.
- Make a complaint to the club committee or Welfare Officer (as appropriate).

As a parent/guardian of a club member we expect you to:

## Essentials

- 1 Make sure your child has the right kit for training and competitions as well as enough food and drink.
- 2 Ensure your child arrives to sessions on time and is picked up promptly.
- 3 Inform us if you're running late to collect your child or if your child is going home with someone else.
- 4 Complete all consent, contact and medical forms and update us straight away if anything changes.
- 5 Maintain a good relationship with your child's coach or teacher.
- 6 Tell us if you wish to talk to us about any concerns regarding your child. We will arrange a mutually convenient time so you can talk to us.
- 7 Not enter poolside or interrupt training or competitions unless in an emergency situation.

## Behaviour

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- 1 Remember that children get a wide range of benefits from participating in one of our sports, like making friends, getting exercise and developing skills. It's not all about wins and losses.
- 2 Behave positively as a spectator at training or competitions and treat others with respect.
- 3 Give encouragement to your child and tell them when they've done well and provide support when they are struggling.
- 4 Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of gender, race, sexual orientation, faith or ability.
- 5 Respect the children and adults competing for other teams at competitions.
- 6 Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
- 7 Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
- 8 Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which alleges a criminal offence will be reported to police by the club.
- 9 Talk to your child and ensure they understand the rules of the club and the sport.
- 10 Ensure your child understands their Code of Conduct.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee. Continued issues and repeated breaches may result in parents/ guardians being asked not to attend the club, something we never want to do.**

Signature of parent/guardian

Print name

Date