



AQUAJETS Swim Team

**Squad Information
Pack:
Performance-A**

AQUAJETS SWIM TEAM PERFORMANCE-A INFORMATION PACK

Dear parent/swimmer,

The aim of Performance-A is to provide a training environment where athletes can work towards achieving their potential on a national level. This requires swimmers in this squad to approach all aspects of the sport with a high level of commitment, accountability and maturity which will aid them in coping with the physical and psychological demands of training and competition.

Performance-A is the highest tier of the 3 Performance squads in Aquajets, swimmers across all 3 of these squads are expected to work together in setting the standard and developing a high-performance environment. Swimmers in Performance-A are usually of age 16 and above, exceptions may be made with all squad allocations being at the discretion of the Head Coach. This squad also works in partnership with Northumbria University, swimmers from the university that meet the requirements will train in Performance-A with the aim of further developing a high-performance culture within the squad and wider club environment.

Kind regards,

Will Murden
Head Coach
Aquajets

AQUAJETS Squad Structure

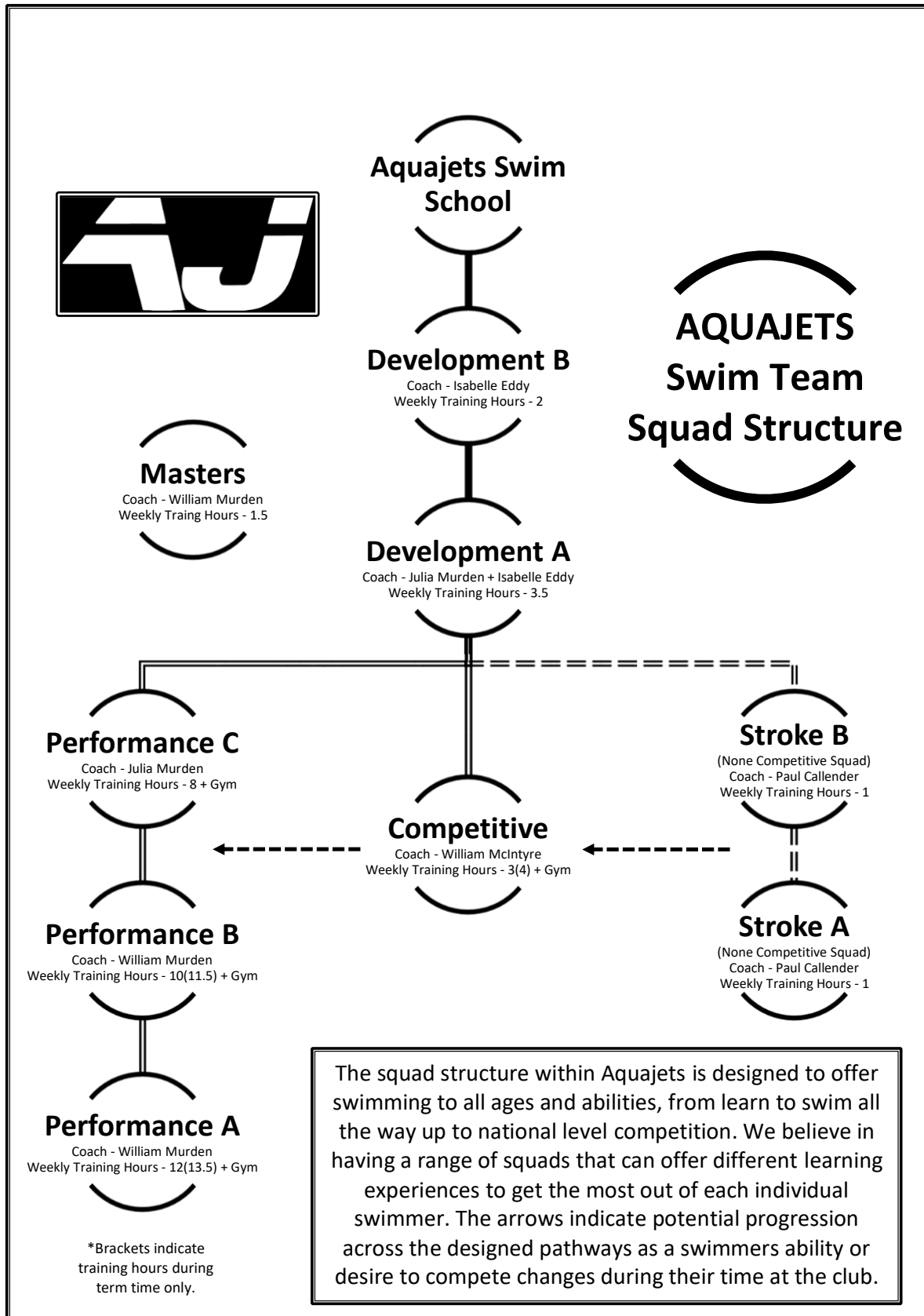


Figure 1.

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Squad Information

Coach:

William Murden

willcoachaquajets@gmail.com

Fees:

Monthly Squad Fee:

£99

Squad fees must be paid on time, by the 1st 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 1st 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.

12 Week Land Training Fee:

£144

Performance A have the option of 3 land training sessions a week, 2 strength and conditioning and 1 yoga. These sessions run in 12-week blocks covered by the fee above.

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.

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 Performance-A are required to have the following equipment.

- Kick board
- Pull buoy
- Finger paddles
- Hand paddles
- Snorkel
- Fins
- FINIS Tempo Trainer
- 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.

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Training schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Sport Central - Pool 07:00-09:00	Sport Central - Pool 07:00-09:00
		Sport Central - Gym 18:00-19:00			Sport Central - Gym 18:00-19:00	Sport Central - Yoga 09:15-10:15
	Sport Central - Pool 19:00-21:00	Sport Central - Pool 19:00-21:00	RGS - Pool 19:30-21:00 (Term time only)	Sport Central - Pool 19:00-21:00	Sport Central - Pool 19:00-21:00	

Figure 2. The weekly training schedule for Performance-A. A total of 7 pool sessions (13.5 hours), 2 gym sessions (2 hours) and 1 yoga session (1 hour) across the week. Thursday's pool session at the Royal Grammar School only takes place during term time, for specific dates please see the club website.

Competition:

In Performance squads meets are separated into 3 categories:

Process, Preparation and Target meets.

Process meets take place 'in season' where swimmers may be tired from a heavy training load, often getting little to no rest going into the meet. The aim of these meets is to assess the conditioning of the swimmers while also practising specific technical or tactical race goals (e.g. achieve a certain number of fly kicks underwater off each turn). While some swimmers may achieve personal best times in these meets it is not the primary focus.

Preparation meets usually take place around 3 weeks before a Target meet. The aim of these meets is to fine tune any technical or tactical elements of a race so a swimmer is as prepared as possible for a Target meet. While some swimmers may achieve personal best times in these meets it is not the primary focus.

Target meets take place at the end of a taper period (a period of training, usually 1-3 weeks long, in which training load is greatly reduced to allow for rest and recovery). The aim of these meets is to execute all the technical and tactical elements of a race that have been worked on over the season, both in training and competition, to achieve the fastest time possible.

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Please keep in mind younger swimmers in Performance Squads, particularly those in Performance-C, will fit less rigidly into this structure. While still in the early stages of developing their technical and tactical racing skills most of the meets they attend will be with a 'process' meet mindset. Personal best times will come naturally as they mature both physically and emotionally, adapt to training and learn how to execute in a race the skills they have learnt in training.

Below is a rough outline of how a season at Aquajets may look regarding competition. Please bear in mind this outline offers multiple different competitive pathways and swimmers in performance squads would not be expected to compete in all the events listed below. It is very dependent on what higher level competitions swimmers qualify for (Please also note county, regional and national competitions will only be attended if it fits the training program and the wider squad. Swimmers should not expect to be entered into these events just because they qualify. The program will be structured to help swimmers achieve the fastest times possible regardless of what pool it is in or what the competition is called, 'water is water'). Instead of using the overview below as a competition 'calendar' it is intended to give members a greater understanding of how a season is structured and which higher level meets swimmers should be aiming for. At the start of and throughout the season members will be given a much more informative calendar of where and when they can expect swimmers to be competing.

Short Course Season

Meets are primarily in 25m pools

September

- **Training camp**
Late August/early September
- **1 or 2 Mid-Late September Meets**
Process meet

October

- **1 or 2 October Meets**
Process meet

November

- **SE NER Open + Age Group Championships**
Process meet
Preparation meet for those that don't qualify for Swim England or Scottish Championships
First weekend in November
- **Early November Meet**
Preparation meet for those that don't qualify for Swim England or Scottish Championships or SE NERs
- **Late November Meet**
Target meet for those that don't qualify for Swim England or Scottish Championships
- **Mid-Late November Meet**
Preparation meet for those that qualify for Swim England or Scottish Championships

December

- **Swim England National Winter Championships**
Target meet for those that qualify
First weekend in December
- **Scottish National Short Course Championships**
Target meet for those that qualify
Second weekend in December

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Long Course Season

Meets are primarily in 50m pools

January

- **Mid-Late January Meet**
Process meet

February

- **Northumberland & Durham Swimming Association Championships**
Process meet
- **Training Camp**
February half term

March

- **Early-Mid March Meet**
Process meet
- **Mid-Late March Meet**
Preparation meet for those that qualify for British Swimming Championships or Leeds National Qualifier

April

- **British Swimming Championships**
Target meet for those that qualify
First full week in April
- **City of Leeds National Qualifier**
Target meet for those that qualify
Third weekend in April

May

- **SE NER Open/Youth Swimming Championships**
Target meet for those that qualify
Last weekend in April or first weekend in May
- **SE NER Age Group Swimming Championships**
Target meet for those that qualify
Second last/last weekend in April and second weekend in May
- **Durham City Aquatics Summer Sprint & Relay Meet**
Process meet
Mid-late May

June

- **Mid-June Meet**
Process meet
Preparation meet for those that don't qualify for Scottish Open or British/English summer championships

July

- **Early-Mid July Meet**
Target meet for those that don't qualify for Scottish Open or British/English summer championships
- **Scottish National Open Swimming Championships**
Target meet for those that qualify but don't qualify for British/English summer championships
Preparation meet for those that qualify for British or Swim England summer championships
- **British Summer Championships**
*Target meet for those that qualify**

August

- **Swim England National Summer Meet**

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*Target meet for those that qualify**

- **Training camp**

Late August/early September

** British and National Summer Meets take place at the end of July/start of August each season. The Summer Meet program forms part of a swimming competition structure in Great Britain whereby the top ranked swimmers in predefined age categories are invited to compete at the British Swimming Summer Championships. Selection for the competitions is by invitation only with the top 24 top-ranked swimmers in each event in each age category invited to attend the British Summer Championships, except for the 800m and 1500m Freestyle contests, where the top 18 athletes will be invited. The next 22 ranked swimmers at Swim England affiliated clubs, or those who have chosen to be ranked as an English swimmer, are invited to compete at the Swim England Summer Nationals (Scottish and Welsh athletes have their own respective championships). The rankings are on swimmers performances at level 1 meets within a qualification window, typically between March and May of the same calendar year. Further information on these events can be found on the British Swimming or Swim England Websites.*

All meet information will be uploaded here

(<https://www.aquajetsnewcastle.co.uk/calendar/>) on the Aquajets website as soon as it becomes available.

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.

Scholarships:

Swimmers who qualify for summer championship events may be eligible for a scholarship over the 12 months following the respective championships (August-July).

British Summer Championships Qualifiers – 75% Reduction in squad fees

Swim England National Summer Meet Qualifiers – 50% Reduction in squad fees

Squad Criteria

To earn and maintain a place in Performance-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 85% attendance is required (See Figure 2).**
- **Aim to arrive 15 minutes before the start of each session to complete pre pool exercises and start the session on time.**
- **Track training via the TrainingPeaks app ([App link](#)).**
- **Attended all competitions outlined by the squad coach.**
- **Achieve the required swimming points in at least one event (See Figure 3).**

Please note this is a minimum requirement and swimmers in Performance-A should be aiming to achieve far more points than those outlined in Figure 3. Certain swimmers that have not achieved the points outlined in Figure 3 but demonstrate the potential to do so may be taken into the squad at the discretion of the coach.

Women		Men	
Age At Years End	Required Points	Age At Years End	Required Points
12	300	12	200
13	350	13	250
14	400	14	300
15	450	15	350
16+	500	16	400
		17	450
		18+	500
World Aquatics Points Tables			
<u>Short Course</u>	<u>Long Course</u>	<u>Short Course</u>	<u>Long Course</u>
<u>Women</u>	<u>Women</u>	<u>Men</u>	<u>Men</u>

Figure 3. The required swimming points for entry into Aquajets Performance squads relative to age on the 31st of December of any given year. 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>). An individuals times and swimming points can be found here (<https://www.swimmingresults.org/individualbest/>) by searching by surname or Swim England membership number.

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

- Illness
- Injury
- Academic commitments
- Sporting commitments
- Work commitments

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The exceptions outlined above must be discussed with the squad coach at the earliest opportunity. Members are encouraged to speak to their coach directly and inform them of any of the above in writing.

In addition, the squad coach 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. Failure to inform the coach in writing could result in a mark down in attendance.

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

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- 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.
- 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.

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Behaviour

- 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