

Club Squad



Club Squad

Coach: Lauren Davidson – clubcoach@livingstondolphins.co.uk

Squad Coordinator: Eleanor Samson – clubsquad@livingstondolphins.co.uk

Training Venues: The James Young High School

Quentin Rise

Livingston

EH54 6NE

01506 414244

wthejamesyoung-hs@westlothian.org.uk

St Margaret's Academy

Howden South Road

Livingston

West Lothian

EH54 6AT

01506 497104

wstmargarets-ac@westlothian.org.uk

Est. 1984

Training Times: Monday Pool JYHS 17:00 – 18:30

Sunday Pool St Margaret's Academy 11:00 – 13:00

Squad Fees: £30

Bank Account Details

Account Name	Livingston and District Dolphins ASC
Account Number	00392913
Sort Code	80-08-80

Payment Reference

Squad Fees (Monthly / 1 st of the month / 12 months)	SASA Number CLUSF	e.g. 91234567 CLUSF
Gala Fees (ASAP after gala)	SASA Number CLUGF	e.g. 91234567 CLUGF
Membership Fee (Yearly)	SASA Number CLUMF	e.g. 91234567 CLUMF

Squad Entry

Swimmers in the Club Squad will typically have completed all the requirements of Gold Squad but do not want to progress into the SWL Pathway.

It is expected that swimmers in this squad will predominately be aged between 14-16 years of age, but there is no fixed limit. As well as continuing to train and compete in competitions swimmers will be encouraged to play an active part in the club's future. This will include the opportunity to undertake poolside helper courses, lifesaving courses, timekeeping and teaching courses.

Swimmers in Club Squad will be offered 2 swimming sessions per week.

Squad Aims and Goals

Swimmers in Club Squad will:

- Develop stroke technique on all four competitive strokes using coach-controlled sets
- Develop drill progression for all four competitive strokes
- Undertake endurance and speed training
- Perfect starts, turns and finishes on all four competitive strokes and Individual Medley
- Enter competitions identified by the coach and compete regularly as a representative of Livingston and District Dolphins (Splash League and Lothian Region Leagues)
- Attend all sessions available including land training (acceptable attendance 75% per month)
- Good lane discipline and good behaviour
- Punctual start times to all sessions
- Introduction to basic stretching exercises
- Participate in club championships and LDD Graded meet
- Abide by the club's code of conduct

- Have the correct training equipment that swimmers need for this squad.

Squad Kit:

All swimmers must have the following equipment.

Land Training:

- Sports T-Shirt / Top
- Sports shorts / leggings
- Training Shoes
- Water bottle

Pool Training:

- Swimming costume
- Goggles (including spare pair)
- Swimming cap
- Kickboard
- Pull buoy
- Fins
- Water bottle
- Swimmers snorkel (Front facing / Centre Snorkel)
- Hand paddles
- Towel (including spare / t-shirt, for test set sessions)
- Pool shoes
- Kit bag