

# Gold Squad



## Gold Squad

Coach: Nathan Kennedy – [goldcoach@livingstondolphins.co.uk](mailto:goldcoach@livingstondolphins.co.uk)

Land Training Coach: Euan Dalgleish – [landcoach@livingstondolphins.co.uk](mailto:landcoach@livingstondolphins.co.uk)

Squad Coordinator: Michelle Henderson – [gold squad@livingstondolphins.co.uk](mailto:gold squad@livingstondolphins.co.uk)

Training Venues: The James Young High School  
Quentin Rise  
Livingston  
EH54 6NE  
01506 414244  
[wthejamesyoung-hs@westlothian.org.uk](mailto:wthejamesyoung-hs@westlothian.org.uk)

St Margaret's Academy  
Howden South Road  
Livingston  
West Lothian  
EH54 6AT  
01506 497104  
[wstmargarets-ac@westlothian.org.uk](mailto:wstmargarets-ac@westlothian.org.uk)

|                 |        |               |                       |               |
|-----------------|--------|---------------|-----------------------|---------------|
| Training Times: | Monday | Pool          | JYHS                  | 17:00 – 18:30 |
|                 | Friday | Land Training | JYHS                  | 18:00 – 18:45 |
|                 |        | Pool          | JYHS                  | 19:00 – 21:00 |
|                 | Sunday | Pool          | St Margaret's Academy | 11:00 – 13:00 |

Squad Fees: £40

Bank Account Details:

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

Payment Reference:

|   |                   |                     |
|---|-------------------|---------------------|
| Squad Fees<br>(Monthly / 1 <sup>st</sup> of the<br>month / 12 months) | SASA Number GOLSF | e.g. 91234567 GOLSF |
| Gala Fees<br>(ASAP after gala)  | SASA Number GOLGF | e.g. 91234567 GOLGF |
| Membership Fee<br>(Yearly)  | SASA Number GOLMF | e.g. 91234567 GOLMF |

**Squad Entry:** Once swimmers have completed all the requirements and criteria of Silver Squad they will then be considered for movement to Gold Squad.

Swimmers in Gold Squad will be expected to train and compete on a regular basis. Swimmers selected to swim in this squad will be offered 3 pool sessions per week and 1x45 minute land conditioning session.

**Squad Aims and Goals:** Swimmers in Gold Squad will:

- Improve technique and skills development on all 4 competitive strokes
- Improve stroke drill progression for all four competitive strokes, initially using fins
- Improve Individual Medley swimming
- Undertake endurance and speed training to prepare for next level
- Introduction to an aerobic training program
- Development of starts and correct turns on all 4 competitive strokes
- Attend all sessions available including land conditioning on time. (e.g. acceptable attendance of 80% per month)
- Enter competitions identified by the coach and compete regularly as a representative of Livingston and District Dolphins (Splash League, Forth Valley Junior League and Lothian Region Leagues)
- Good lane discipline (correct intervals between swimmers, clockwise and anti-clockwise) and good behaviour
- Using pace clock and able to go off on set times
- Have basic knowledge of rules of swimming

- Have the right attitude to training and development of strokes
- Have the right attitude to competitions
- Punctual start times to all sessions
- Introduction to basic stretching exercises
- Participate in club championships and LDD Graded Meet
- Abide by code of conduct



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