

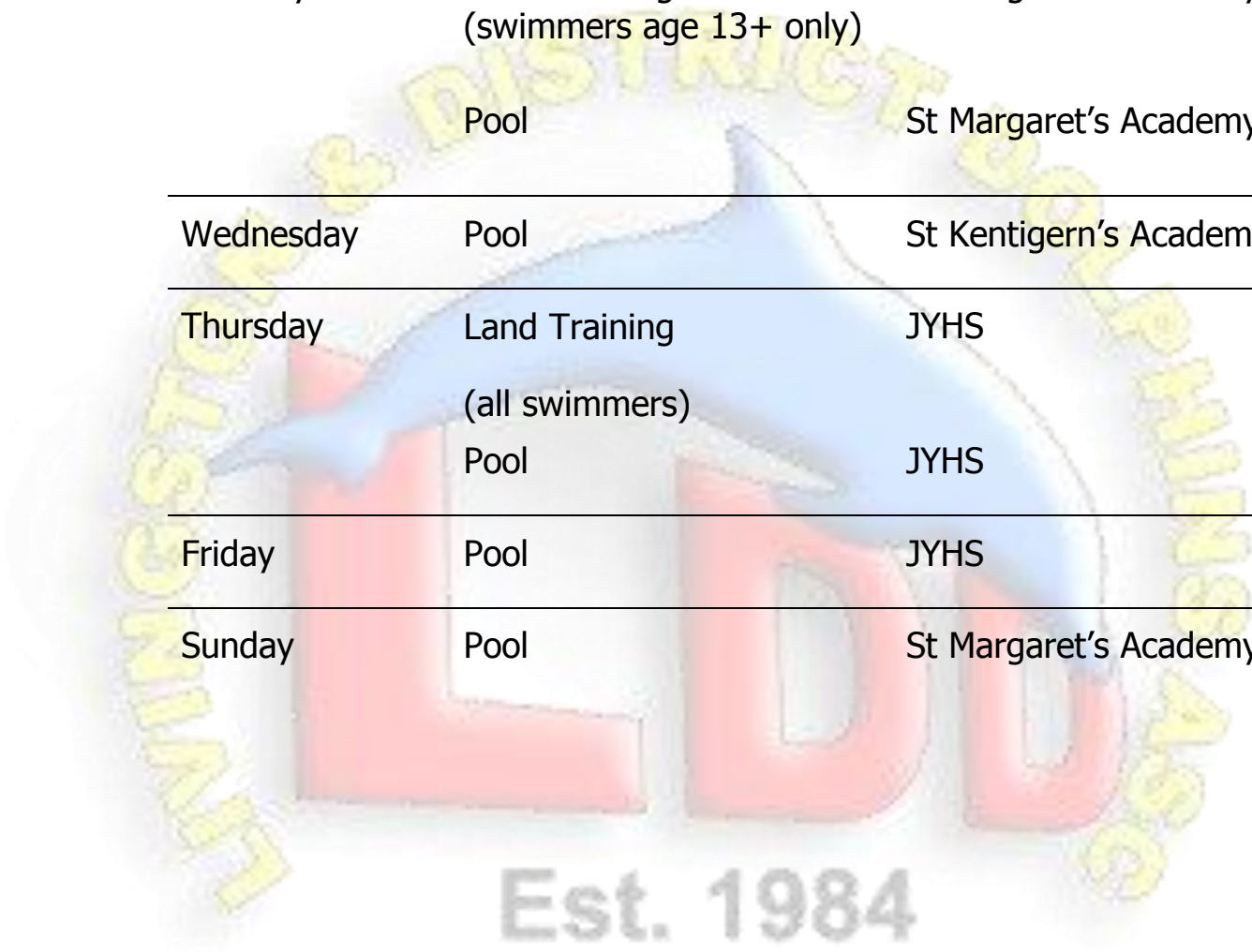
Performance Squad



Performance Squad

Coach(s):	Graeme Torrance and Joe Walker – performancecoach@livingstondolphins.co.uk
Land Training Coach:	Euan Dalglish – landcoach@livingstondolphins.co.uk
Squad Coordinator:	Joanne Turner – performancesquad@livingstondolphins.co.uk
Training Venues:	<p>The James Young High School Quentin Rise Livingston EH54 6NE 01506 414244 wlthejamesyoung-hs@westlothian.org.uk</p> <p>St Kentigern's Academy West Main Street Blackburn West Lothian EH47 7LX 01506 656404 wlstkentigerns-ac@westlothian.org.uk</p> <p>St Margaret's Academy Howden South Road Livingston West Lothian EH54 6AT 01506 497104 wlstmargarets-ac@westlothian.org.uk</p>

Training Times:	Tuesday	Land Training (swimmers age 13+ only)	St Margaret's Academy	18:00 - 18:45
		Pool	St Margaret's Academy	19:00 – 21:00
	Wednesday	Pool	St Kentigern's Academy	19:30 - 2100
	Thursday	Land Training (all swimmers)	JYHS	18:30 – 19:15
		Pool	JYHS	19:30 – 21:00
	Friday	Pool	JYHS	17:00 – 19:00
	Sunday	Pool	St Margaret's Academy	09:00 – 11:00



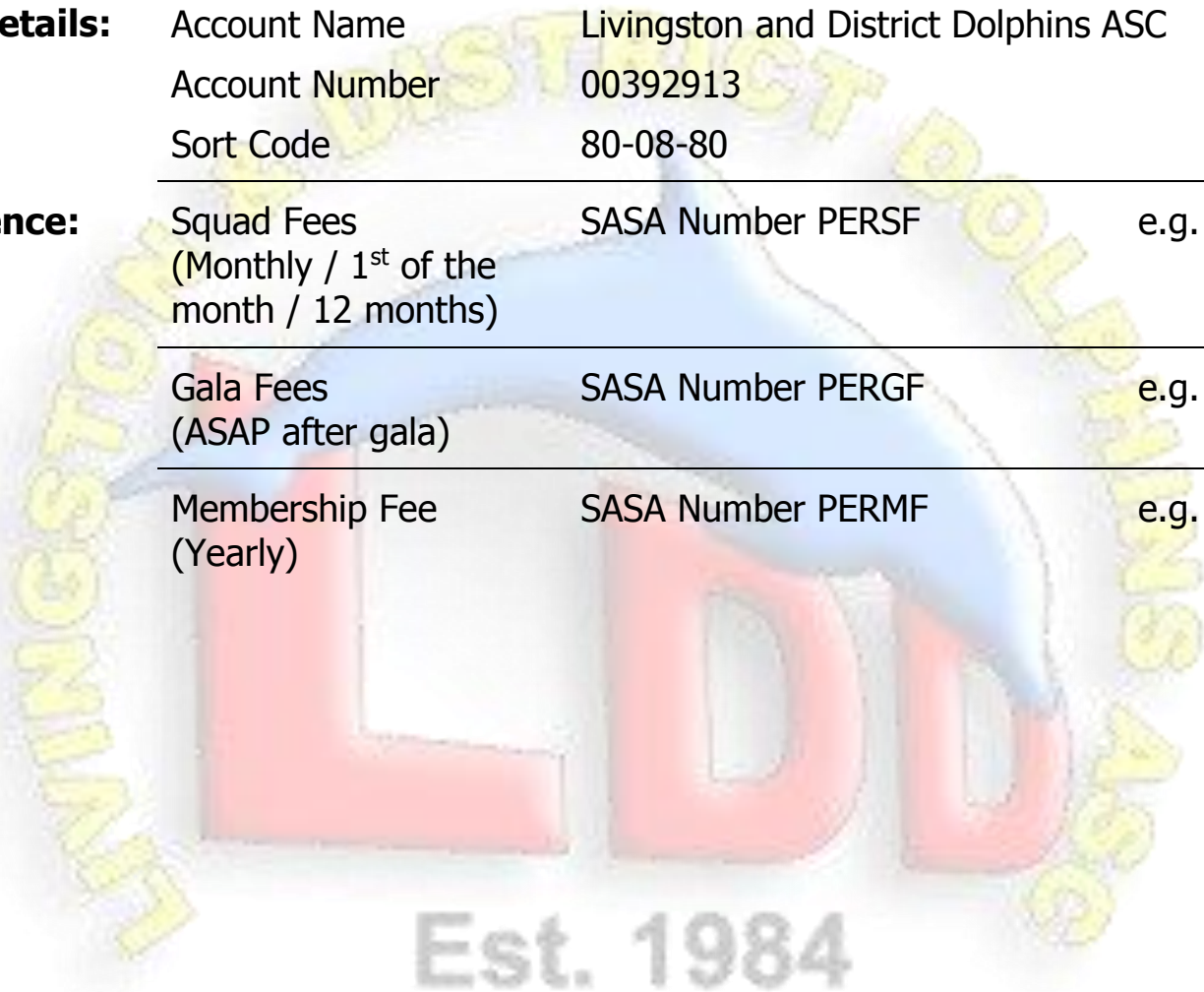
Squad Fees: £55

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 PERSF	e.g. 91234567 PERSF
Gala Fees (ASAP after gala)	SASA Number PERGF	e.g. 91234567 PERGF
Membership Fee (Yearly)	SASA Number PERMF	e.g. 91234567 PERMF



Squad Entry:

Swimmers are invited to join this squad by the lead coach. Swimmers will develop their skills across all four strokes towards maximising their potential with the opportunity to make the transition into the Swim West Lothian (SWL) Pathway

This squad will generally be comprised of swimmers aged 9 upwards according to ability with the main purpose of this squad being to support swimmers to achieve an agreed pathway in order to maximise their success.

Swimmers selected to swim in this squad will be offered 5 sessions a week plus 1x45 minute land conditioning session and 1 additional 45-minute land training session for swimmers aged 13+.

Squad Aims and Goals

Swimmers in Performance Squad will:

Increasingly take ownership of their own swimming and swimming development. Ask questions, try things out and reflect on own practice.

Work with the coach in a collaborative way to support their own development.

Show good team spirit at both training and competition, always supporting fellow swimmers and being prepared to support their learning and to learn from them.

Communicate regularly with the coach about goals and progress and take responsibility for own swimming pathway choices

Have an awareness of own PBs and strengths as well as areas for development.

- Develop and improve stroke technique across all four competitive strokes
- Develop drill progression and awareness of the purpose of drills for all four competitive strokes
- Monitor training using times set by the coach and use of pace clock and begin to develop awareness of % training effort, heart-rate and perceived rate of exertion
- Perfect starts, turns and finishes including Individual Medley turns
- Undertake endurance and speed training to improve fitness and endurance levels
- Focus on skill development, technique and speed while building aerobic fitness
- Enter a minimum of 3 competitions per year identified by the coach in addition to competing regularly as a representative of Livingston and District Dolphins in events such as Splash League and Lothian Leagues for example.
- Demonstrate good lane discipline and good behaviour at all times
- Adhere to punctual start times to all sessions
- Attend and participate fully in all sessions available including land conditioning on time. (e.g. acceptable attendance of 15 pool sessions out of 20 per 4-week period and 3 land sessions out of 4 for under 13's and 6 land sessions out of 8 for swimmers 13+)
- Participate in Club Championships, Splash League and LDD Graded Meet
- Set and monitor goals and keep a logbook
- Learn and practice basic dryland warm up and cool down techniques

- Take responsibility for own training performance and training equipment required at each session
- Abide by the club's 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
- Water bottle
- Swim snorkel (Front facing / Centre Snorkel)
- Hand paddles
- Towel (including spare / t-shirt, for test set sessions)
- Pool shoes
- Kit bag

- 2 x Water bottles, one containing water and one containing, for example, fruit juice.

