

Silver Squad



Silver Squad

Coach: Julie Burgess – silvercoach@livingstondolphins.co.uk

Land Training Coach: Euan Dalgleish – landcoach@livingstondolphins.co.uk

Squad Coordinator: Ruth Hollis – silversquad@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:	Thursday	Pool	JYHS	18:00 – 19:30
	Friday	Land Training	JYHS	18:00 – 18:45
		Pool	JYHS	19:00 – 21:00
	Sunday	Pool	St Margaret's Academy	13:00 – 15:00

Squad Fees: £35

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 SILSF	e.g. 91234567 SILSF
Gala Fees (ASAP after gala)	SASA Number SILGF	e.g. 91234567 SILGF
Membership Fee (Yearly)	SASA Number SILMF	e.g. 91234567 SILMF

Squad Entry

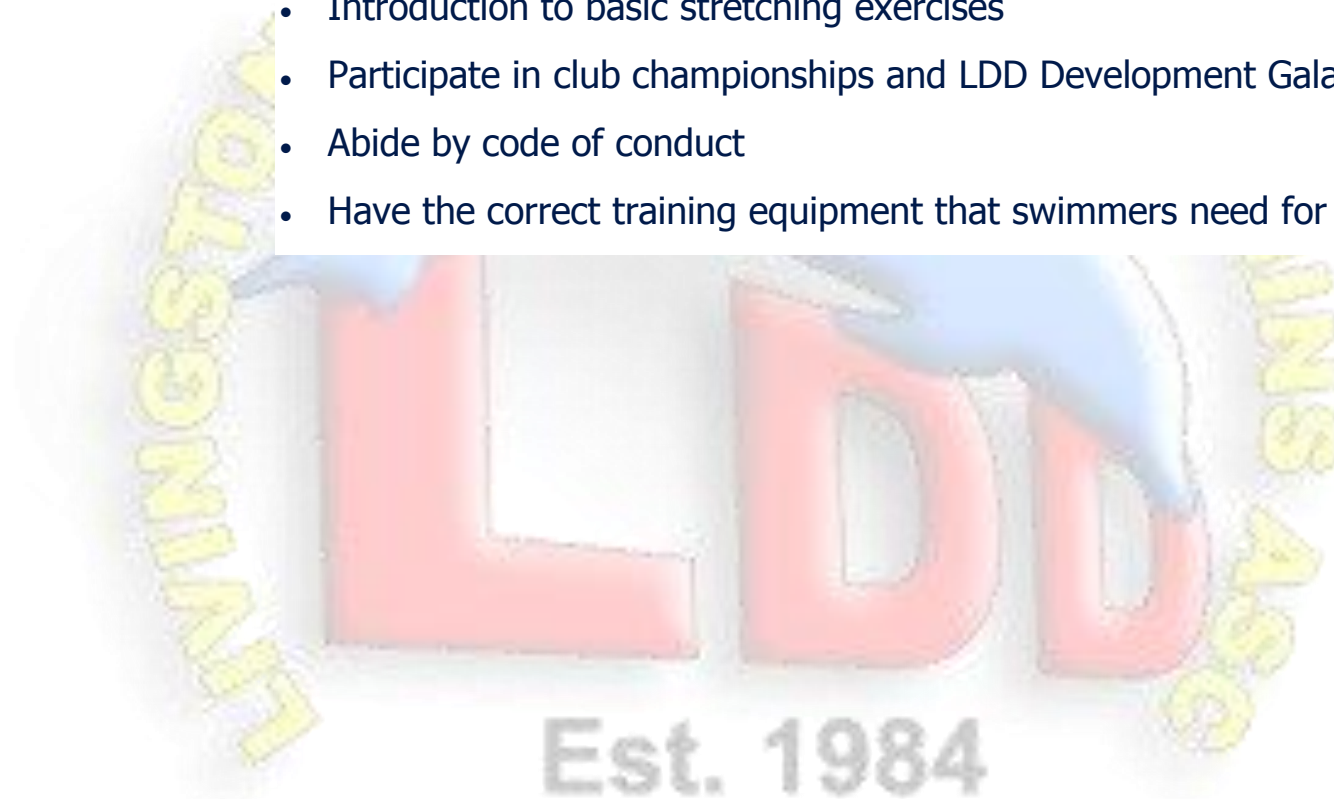
Once swimmers have completed all the requirements and criteria of Bronze Squad they will be considered for movement to Silver Squad.

Swimmers in Silver Squad will be offered 3 swimming sessions per week and 1x45 minute land conditioning session.

Squad Aims and Goals Swimmers in Silver Squad will:

- Improve technique and skills development on all 4 competitive strokes
- Improve stroke drill development for all four competitive strokes, initially using fins
- Improve Individual Medley swimming
- Introduction to an aerobic training programme
- 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 9 pool sessions out of 12 in a 4-week period and 3 land sessions out of 4)
- Enter competitions identified by the coach and compete regularly as a representative of Livingston and District Dolphins (Splash League and Forth Valley Junior League)

- Good lane discipline (correct intervals between swimmers, clockwise and anti-clockwise) and good behaviour
- Have basic knowledge of rules of swimming
- Punctual start times to all sessions
- Introduction to basic stretching exercises
- Participate in club championships and LDD Development Gala
- Abide by 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 (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