



## **Elite Sprint**

**Lead Coach: Zoe Baker (HPC)**

### **Squad Aims:**

Elite Sprint is for Swimmers targeting International Senior Competitions, ISL, British Selection Trials and the British Summer & Winter Championships.

### **Squad Ages:**

Males | Females 19+ Years

### **Squad Notes:**

- Swimmers are to be assessed and selected by the Head Performance Coach (HPC).
- Swimmers may be admitted or retained within the squad on a probationary period (3 months).
- Swimmers must be able to demonstrate improvement and progress based on goals set with the HPC during both training and at designated Level 1 Competitions (as set in the Competition Calendar).
- **All Squad Movements are at the discretion of the HPC.**

### **Qualifying Criteria (at least two from the following in bold):**

- **Senior International Swimmers from 2019 Onwards (Including ISL Seasons 1&2).**
- **Senior GB National Swimmers from 2019 Onwards (from both Summer LC & Winter SC Championships).**
- **British Olympic Trials Qualifiers 2020 or Selection Trial Qualifiers 2021.**
- **Minimum of 659 FINA Points in at least one LC or SC event from Best times from Nov 2019.**
- 100% Commitment to the Training Programme as set by the HPC.
- Commitment to Team Events (Arena League, Regional/National Relays).
- Signed and Returned copies of the Athlete Agreement (information below).
- Full Time Attendance based on Individual Programme, as agreed with the HPC (both Pool and S&C).
- Minimum of 7 Pool Sessions per Week.
- Squad will be reviewed 31st December 2021.

### **Consideration Criteria:**

- Swimmers aged 21 years and older 'Sprint Specialists' at Regional Standard who demonstrate potential to make a GB National QT within a 12 month period.

### **Exit Criteria:**

- Unable to attain the relevant Performance Standard of the Squad.
- Consistently unable to maintain the Elite Sprint Training Commitment, as agreed with the HPC.
- Consistently unable to maintain the Elite Sprint Competition Commitment, as per the Competition Calendar.
- Training at other clubs or seeking additional coaching/technical sessions without the approval of the HPC (both Pool and S&C).
- Demonstrating a bad attitude towards the programme, coaches and teammates.

**Squad Timetable:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:00-8:00 (LC) Bar End		6:00-8:00 (LC) Bar End			7:00-9:00 (SC) Bar End	
PM	18:00-19:30 (SC) Bar End	16:30-18:30 (SC) Bar End		16:30-18:30 (SC) Bar End	17:00-18:30 (SC) Bar End		
S&C		15:15-16:15		15:15-16:15		9:15-10:15	

*\* Any swimmer who would like to do 8 swim sessions per week can access the Elite session on Friday AM (6:00-7:30). From September, when we move to the non-Covid timetables, there will be an 8th session provided 7:00-8:00 (LC) on Thursday AM. From September all mornings will be LC.*

**S&C:**

The Strength & Conditioning sessions (S&C) are programmed before the swim sessions on Tuesday and Thursday. On both days Joe Bastin, S&C coach will be in the gym providing technical advice and specialised coaching for all Elite Athletes. Joe will assist the Head Performance Coach (HPC) in implementing each swimmers individual S&C programme. Instagram, @joe\_fevo.

All Elite Squad members will receive free of charge gym memberships for one year. These are Everyone Active 'Bronze Sporting Champions', and have been enrolled onto the Sporting Champions programme for one year.

**Athlete Agreement:**

To confirm you have read and agree to the Athlete Agreement, please fill in [this form](#).

**Athletes must not:**

1. Be involved in, nor persist with, any conduct or activity that they know or ought reasonably to have known, may bring the athlete or WCPSC, or the Sport of Swimming into disrepute.
2. Be involved in any conduct or activity that they know or ought reasonably to have known, may harm the name or reputation of WCPSC.
3. Knowingly be involved in a situation which may bring the athlete into contempt, scandal or ridicule.

Athletes must respect the rights, dignity and worth of every other individual athlete, exercise responsible behaviour towards and take due consideration of other athletes, whilst observing the principles of equality, diversity and inclusion at all times.

Athletes understand that if the required standards of their designated squad are not met, then their place in that squad will not be guaranteed.

**General Behaviour:**

1. I will treat all members, and persons associated with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with Swim England, on the grounds including age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor or inappropriate behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of the club and fellow teammates.
7. I will respect the privacy of others, especially in the use of changing facilities.

**Training:**

1. I will treat my Coach and fellow teammates with respect.
2. I will not disrupt the sessions for others.
3. I will come to training with a positive attitude and strong desire to improve.
4. I will make my coach aware if I have any difficulties in attending training sessions as per the rules laid down for my squad.
5. I will arrive in good time on poolside before the session starts, so that I can complete a poolside warm up as directed by my coach.
6. I understand that if I arrive late, I must report to my coach before entering the pool.
7. I will ensure I have all of my equipment with me and in working order, as 'Failing to Prepare is Preparing to Fail'.
8. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
9. I will listen to what my coach is telling me at all times and follow any instructions given.
10. I will not stop and stand in the lane or obstruct others from completing their training.
11. I will not pull or sit on the lane ropes as this may lead to injury of myself or others.
12. I will think about what I am doing during training, completing every session fully and to the best of my ability. If I have any problems, I will discuss them with my coach at an appropriate time.

13. If I have problems with the behaviour of fellow members, I will report them at the time to an appropriate adult

**Competitions:**

1. When at competitions, I understand that I am representing Winchester City Penguins Swimming Club and will behave in a manner that shows respect to Coaches, Team Managers, Teammates and members of all competing organisations.
2. I understand that I will be required to attend Open Meets & Galas that have been set on the Annual Competition Calendar, unless agreed otherwise by prior agreement with my coach.
3. I understand that I must always wear team kit during all competitions, including WCPSC swim hats during both racing and warm ups/swim downs.
4. I will come prepared, with all of my kit and spare items of kit (such as hats and goggles) so that I have back ups if other kit breaks.
5. I will report, on time, to my coach and/or team manager on arrival on poolside, unless a different time has been agreed prior with my coach.
6. I will warm up before the event as directed by the coach on poolside that day and ensure that I fully prepare myself for the race(s).
7. I will be part of the team, and support my teammates on poolside.
8. If I have to leave poolside for any reason, I will inform either the Team Manager or Coach before doing so.
9. After my race, I will report to my coach for feedback.
10. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
11. I will never leave an event without informing the Coach or Team Manager.

**Disciplinary Action:**

Unacceptable behaviour will initially be dealt with by a verbal warning from the Coach, or Team Manager if at a competition.

Continued unacceptable behaviour may lead to the following:

- A Written Warning
- Removal from the Training Session
- Suspension of Training
- The Transfer of the Swimmer to an alternative Squad
- Removal from the Club

We expect ALL our swimmers to treat ALL their teammates and coaches with compassion and respect. This includes all social media platforms.