

Tiverton Swimming Club

Open Meeting 15th Sept 2016



Club Champs July 2016



Tiverton swimming Club

- *A friendly swimming club based in Mid Devon focussed on competitive swimming and fitness for all*
- www.tiverton-swimming.co.uk
- Members and swimmers from age 5 to 70+





- **Welcome**
- Committee members introduction
- Head coach-Lucy Walton
- Volunteer coaches
- Codes of conduct
- Lane etiquette
- Squad restructure
- Autumn meets
- Questions



Club codes of conduct

- Wavepower 2016-19 ASA safeguarding guidance
 - Swimmers
 - Parents
 - Coaches
 - Officials
-
- Find them on the TSC Website (in policies section)
 - Will also be sent to you by email
 - Please read, agree, sign a copy and return it to the Club





Tiverton Swimming Club

Member's Code of Conduct



General behaviour

1. I will treat all members of, and persons associated with, the ASA with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of 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 club disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.

Training

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach.
4. I understand that if I arrive late I must report to my coach before entering the pool.
5. I will ensure that I have all my equipment with me, e.g. paddles, kick boards, hats, goggles etc.
6. If I need to leave the pool for any reason during training I will inform my coach before doing so.
7. I will listen to what my coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane, or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets - to do so means I would only be cheating myself.
12. I will think about what I am doing during training and if I have any problems, I will discuss them with my coach at an appropriate time.

Lane etiquette

LANE ETIQUETTE

- **Listen** when the coach is speaking.
- **Leave correct intervals** between yourself and the swimmer in front. This is generally 5 seconds off the pace clock, unless instructed otherwise by the coach.
- Swim in the direction as instructed by the coach, and stay on the correct side of the lane.
- To overtake the swimmer in front- **tap the foot** (DO NOT PULL).
- **At the end of the lane**, if you have been tapped, stop and let the swimmer behind pass. Then **leave a 5 second** gap before setting off again.
- **Do not swap positions mid lane**. A swimmer stopping in mid lane narrows the lane, increases the risk of collision, and can cause several swimmers to stop.
- Kicking, pulling, and scratching of any swimmer whilst attempting to pass them WILL NOT be tolerated. If this rule is not observed, the coach will have the right to ask you to sit out or leave poolside.
- At the end of your swim, **move to the side at the end of the lane** to allow other swimmers to finish on the wall.
- Swim the entire length – **Do NOT stop and turn at the flags or pull on lanes ropes**.
- Remember, training is the key to improving your swimming; this is achieved by concentrating, listening to your coach/teacher at all times and trying your hardest during training.
- If you have any **problems** with other swimmers whilst at the pool, please **speak to your coach/teacher**.

These recommendations are in place to ensure the safety of all swimmers.

Squad allocations



- Swimming ability and skills (not age)
- Set squad criteria
- Training commitments
- Targets to achieve for progression
- Head coach decision to allocate
- **Squads may mix/share lanes** depending on pool capacity at that session
- Coaches decide lane allocations during each training session

**SQUAD
TIME!**

Club pool time restructure

- Performance 1
 - Performance 2
 - Competitive
 - **Non-competitive (new)**
 - Skill Development
 - Endurance
-
- Club
 - CSA / CSA2
 - Learn to Swim
 - Masters



Performance 1

criteria	Sessions	Hours per week
Head coach assessment on training ability Based on swimming level NOT age		
Achieved: County/regional	Mon, Tues, Wed, Thurs, Sat, Sun	9
Target: Regional/National		
Meets: L3/L2/L1/ Team comps		

Performance 2

Criteria	Sessions	Hours per week
Head coach assessment on Training ability Potential to progress to P1 Based on swimming level NOT age		
Target: County/Regional	Tues, Wed, Sat, Sun	6.5
Meets: L3/L2/Team competitions	Morning sessions by invitation	

Competitive

Criteria	Sessions	Hours per week
Progression from SD Must be regularly competing Based on swimming level, NOT age		
Target: County	Tues, Wed, Sat Sun	6.5
Meets: L3/ Devon development Arena league, Interclub if selected		If not regularly competing, will be moved to non- competitive squad

Non-competitive (new)

Criteria	Sessions	Hours per week
Progression from SD Alternative to competitive squad		
Cross training/fitness/recovery	Tues, Wed, Sun	4.5
Not regularly competing But can enter events that suit		
Available for arena league, mini league and club competitions as selected		No Saturday morning pool training time

Skill Development

Criteria	Sessions	Hours per week
Stroke improvement	Allocated according to abilities	
Introduction to competing	Tuesday OR Wednesday OR Friday	1
Meets: L3, Devon Developments, mini-league (arena league if selected)	Saturday AND Sunday	1 1 Total = 3 hours

Endurance

Criteria	Sessions	Hours per week
Mostly ex-competitive swimmers		
Occasional competition	Tuesday and Sundays	3.5
Available for Arena League/interclub		

Club swimmers

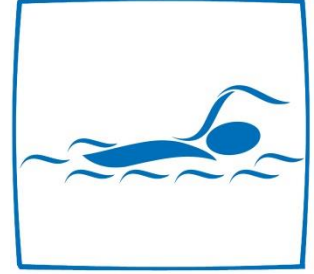
Criteria	Sessions	Hours per week
Fitness		
Older non-competitive SD swimmers	Sunday	1

Other squads

- CSA
- CSA 2
- Learn to Swim
- Masters

**Remain
the same,
no changes**

Squad training attendance



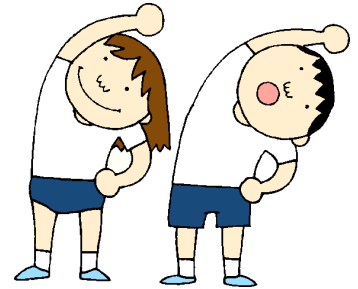
- Expectation to attend training regularly
- Listen to coaches and train well at sessions
- Registers taken at the start of each session
- If injured must discuss with squad coach
- **Waiting list** to join squads is growing....
- **Poor attendance = moved to another squad**
- e.g. from SD to Club sessions or from Competition squad to Endurance squad.

New squad start date?



- Implement new squad structure from **Monday 3rd October**
- Email from Head coach with your swimmer's squad allocation in the next few days
- Read the codes of conduct & discuss with your children, and sign up to them
- Lets crack on and get race ready for the new Short course season!

Essential pre-pool warm up



- Initially for Performance 1 & 2 plus competitive/non-competitive squads
- ARRIVE 10 mins before session ON POOLSIDE
 - With kit & water/drinks bottle ready to go!
- Poolside **warm up for 10 mins** before getting into pool to train
- Late swimmers **MUST** complete the 10 min warm up before getting into pool

Autumn competitions



- Frome L3 Oct 22/23 Oct @ Millfield
- Sparkler L3 Nov 6th @ Tiverton
- Plymouth L2 Nov 19/20th @ Life Centre
- Yeovil L3 Dec 17/18th @ Millfield
- **Arena** League 8th Oct, 12th Nov, 10th Dec
- Hosting R1 at Horfield- team bus, swimmers and officials free, parents to pay £5 each

Parents role



- **Banker**
 - For fees and kit and competitions
- **Chauffeur**
 - To act as a taxi and ensure arrival on time
- **Cheerleader**
 - Positive encouragement to all swimmers

www.tiverton-swimming.co.uk



Tiverton Swimming Club

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Welcome to Tiverton Swimming Club

Tiverton Swimming Club aims to promote the sport of swimming by providing a training program to help swimmers reach their full competitive potential according to their individual levels of ambition, ability and application. The club caters for swimmers of all ages and abilities with a progressive coaching program leading through our squad structure. Various levels of competition are catered for with training tailored to suit, from in-house galas and team league competitions, through to county, regional and, ultimately, national competition level.

News



Club Championships 2016

Many thanks to all the volunteers, officials and of course the 73 swimmers for helping

Upcoming Events

SEP
18
Sun

10:00 am ASA South West Region
Relays @ Millfield School

OCT
8
Sat

12:00 am Arena League Round 1 @
TBA

[View Calendar →](#)

10th Sparkler Downloads

Meet Pack:



Activate Wir
Go to Settings to

Club newsletter- are you signed up?



Can we get 400 twitter followers?

@tivyswimming





Tiverton Swim

@Tivyswimming

A friendly swimming club based in Mid Devon, focussed on competitive swimming and fitness for all.

📍 Tiverton, Devon

🌐 tiverton-swimming.co.uk

📅 Joined September 2011

📷 45 Photos and videos



TWEETS
740

FOLLOWING
82

FOLLOWERS
343

LIKES
240

Tweets

Tweets & replies

Media

📌 Pinned Tweet



Tiverton Swim @Tivyswimming · May 2

It's out now! race with a fizz at the 10th Tiverton Sparkler-featuring the 100IM this year tiverton-swimming.co.uk



Thank you for listening

Question time!