



Group 1 Information Pack

Dear swimmer/parent,

Congratulations on being selected for 'Group 1'.

Squad Statement

Group 1 is designed as a bridge between our LTS programme and Group 2. It offers swimmers 2 hours per week split across two sessions: one at Elswick on a Sunday and one at Dunston on a Friday evening. Swimmers in the group will be aiming to achieve GAW's selected elements of stages 7 and 8 of the Swim England Framework. Group 1 swimmers will compete in in-house development meets, our club championships and some swimmers may be selected to represent the club in the Northumberland and Durham Junior (Diddy) League.

Please find attached important information for your group including:

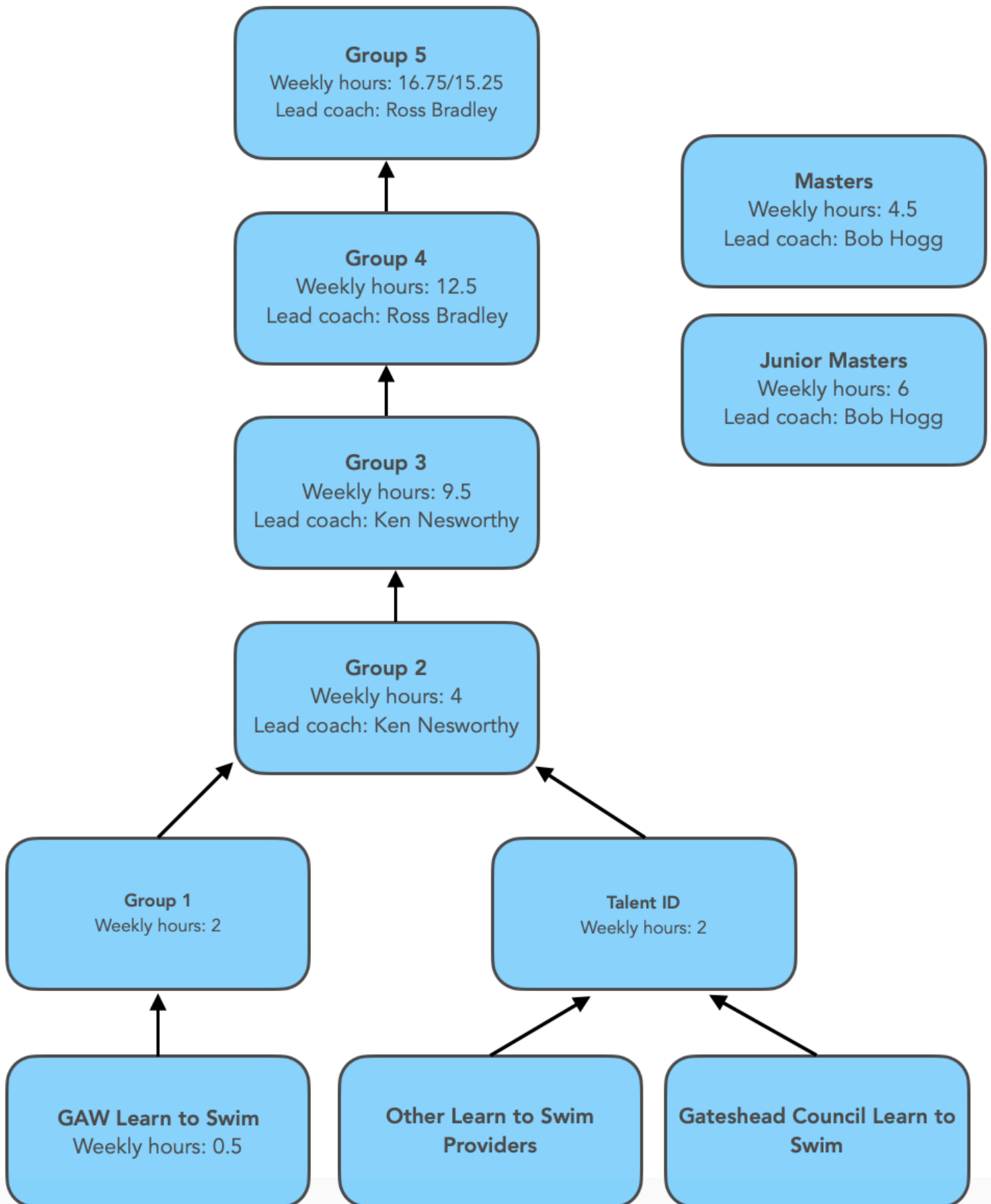
- Group structure
- Timetable
- Group criteria (attendance and attitude) including competition calendar
- Equipment list
- Signature

The squad representative for your group is Sara Renwick. To be added to the group Band, please see Sara at the pool who will provide you with the link.

Yours in swimming,

Ross Bradley

GAW Group Structure



Group 1 - Squad Timetable & Criteria 2022/23

Timetable

Day	Venue	Session Time
Friday PM	Dunston	19:30 - 20:30
Sunday PM	Elswick	15:00 - 16:00

Arrival

Swimmers should aim to arrive 10 minutes before each session and should be ready (capped up) to listen to instructions 5 minutes before the session start time. Swimmers should have all of their kit ready.

Coach

Group 1 is a bridging squad between Learn to Swim and the competitive side of the club, therefore swimmers will be introduced to all of our coaching team. Ken Nesworthy will oversee the group.

Attendance

Group 1 is usually for swimmers aged 7-10 (age at 31st December **2023**). To achieve best results in the pool, the expected attendance is set out below. Swimmers are expected to attend the competitions set out for this group.

Expected Attendance
75-100%

Competition Calendar

Swimmers in Group 1 will compete in regular in-house development meets.

Attitude

In matters of swimming, swimmers will almost always be dealt with directly rather than through parents. Parents will receive communication where appropriate and necessary, to ensure messages are clear and consistent.

Failure to meet behaviour and attitude standards will lead to ejection from sessions. This is a last resort.

Swimmers should not use photography in the changing rooms.

Performance

There are no performance requirements/expectations for swimmers in Group 1. With the right attendance and attitude, a swimmer's performance will take care of itself in the long term.

Progression

All squad movement is at the discretion of the head coach. Please refer to the GAW Group Structure. Squad places are not permanent, they are to be earned through **attendance and attitude**.

Training Equipment List

• Training costume	• Goggles
• Drinks bottle	• Kickboard
• Short fins	

Band Consent

Band will be introduced for parents for all swimming related/coaching matters. Your squad rep will also have a WhatsApp group to keep you up to date with wider aspects of the club e.g. fundraising. The club's social media policy covers activity on these platforms.

Signing up:

- Download the Band app in whichever App Store you use
- Enter details
- Use the QR code/link, which will be posted in an appropriate place, to join our squad Band (if you have any issues joining, let us know)

Signature

Please respond to this Google Form to agree to the criteria.

<https://forms.gle/YVLfgRk4PjAn97TR6>