



Group 2 Information Pack

Dear swimmer/parent,

Congratulations on being selected for 'Group 2'.

Squad Statement

Group 2 is the first competitive group in the club in which swimmers will begin to compete in local competitions, as well as continuing to hone competitive skills in in-house development meets and our club championships. Swimmers could also be chosen to represent the club in the Northumberland and Durham Junior (Diddy) League. Swimmers will also be working towards GAW's chosen elements of stages 9 and 10 of the Swim England Framework.

Please find attached important information for your group including:

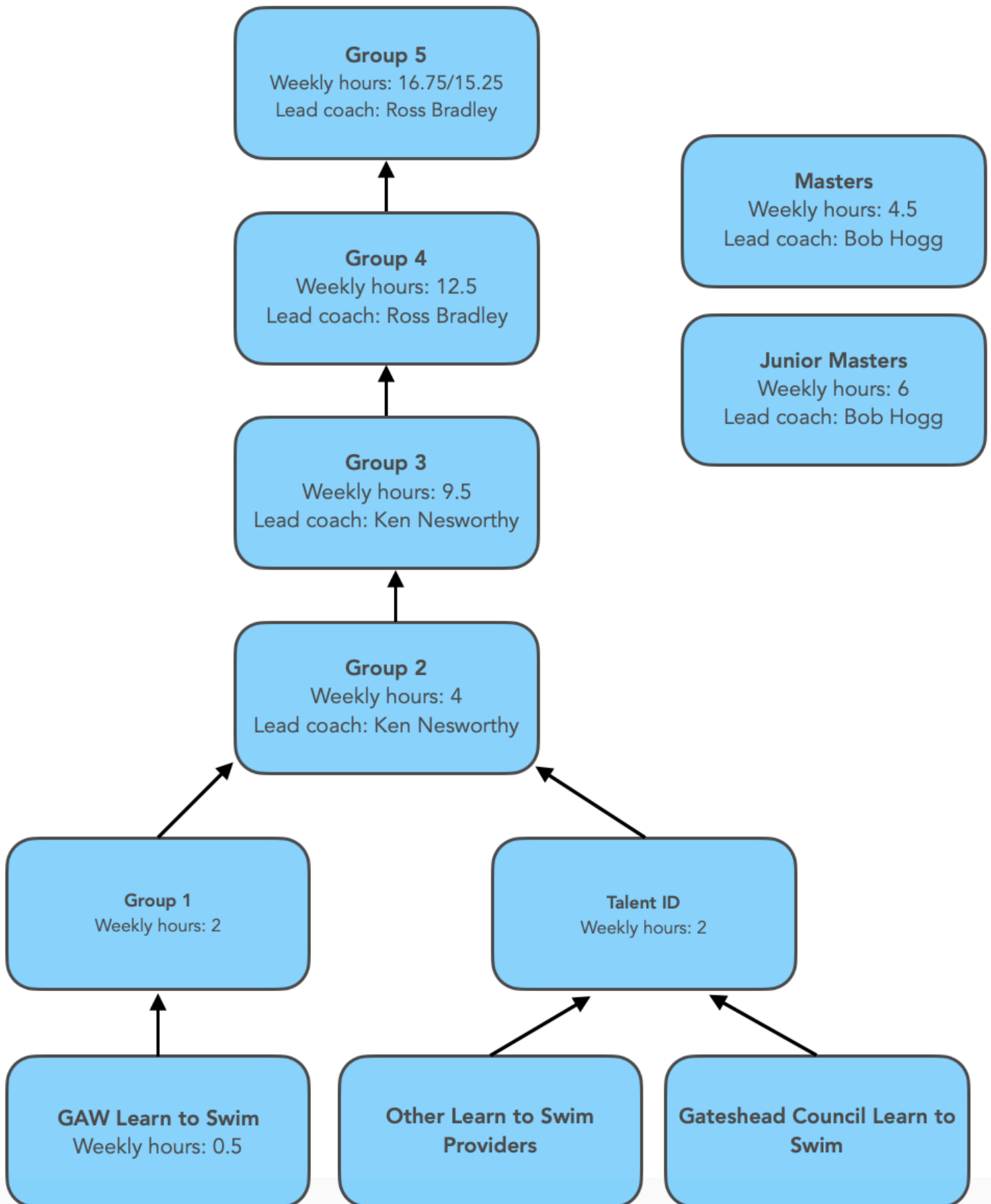
- Group structure
- Swimming timetable
- Group criteria (attendance and attitude) including competition calendar
- Equipment list
- Signature

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

Yours in swimming,

Ross Bradley

GAW Group Structure



Group 2 - Squad Timetable & Criteria 2022/23

Timetable

Day	Venue	Session Time
Thursday PM	Dunston	17:30 - 19:00
Friday PM	Dunston	19:30 - 20:30
Sunday PM	Elswick	16:00 - 17:30

Arrival

Swimmers should arrive 15 minutes before each session to complete 10 minutes of pre-pool mobility and must be ready (capped up) to listen to instructions 5 minutes before the session start time. Swimmers should have all of their kit ready as well as 2x1 litre drink bottles.

Coach

The lead coach for Group 2 is Ken Nesworthy, with support from other club coaches.

Attendance

Group 2 is usually for swimmers aged 8-12 (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
66-100%

Swimmers are expected to and should be confident to communicate with their coach. Changes to training schedules must be reported to the coach and should be done so by the swimmer themselves. In exceptional circumstances, parents may email ross.bradley@gawswim.org.uk. The overarching aim is to produce independent and accountable swimmers/individuals.

Competition Calendar

Date	Meet	Location	Who?	Focus
18.09.2022	Junior League Final	Tynemouth	ALL Selected	FUN
23.09.2022 25.09.2022	GAW Autumn Meet	Dunston	ALL	Club culture Benchmark meet Racing skills and plans
22.10.2022 23.10.2022	Chester-le-street Meet	Chester-le-street	ALL Selected	Racing skills and plans
19.11.2022	Durham Medley	Durham	ALL	Racing skills and plans

2023 dates TBC as they are not on the N&D competition calendar as yet

Swimmers are expected to attend the competitions set out for their group. For each competition, swimmers are expected to discuss their entries with their coach and enter the races set out for them.

Swimmers in Group 2 will also compete in regular in-house development meets.

Attitude

Swimmers will display a positive attitude towards training and competition. As well as helping an individual's performance, a positive team **culture** will help everybody in the group to swim better both in training and at competitions.

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 2. 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**.

Failure to meet squad criteria may lead to swimmers exiting the group. Any movement will be discussed with swimmers and parents/guardians first.

Training Equipment List

• 2 training costumes	• 2 pairs of goggles
• 2 drinks bottles	• Hand paddles (Speedo 'tech' paddles preferred)
• Kickboard	• Pullbuoy
• Short fins	• Foam roller

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)

Parental Support & Parent Meetings

There will be a minimum of 2 meetings offered over the course of the season including a pre-season meeting and mid-season meeting.

Signature

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

<https://forms.gle/YVLfgRk4PjAn97TR6>