



Gateshead & Whickham
Amateur Swimming Club

Group 3 Information Pack

Dear swimmer/parent,

Congratulations on being selected for 'Group 3'.

Squad Statement

In group 3, swimmers will continue to develop their competitive skills. They will start to learn 'how to train', which will include key sets throughout each training week. Test sets will be planned into training cycles to help swimmers understand how to progress. Swimmers in group 3 may compete in county championships (N&Ds). They will also 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.

Please find attached important information for your group including:

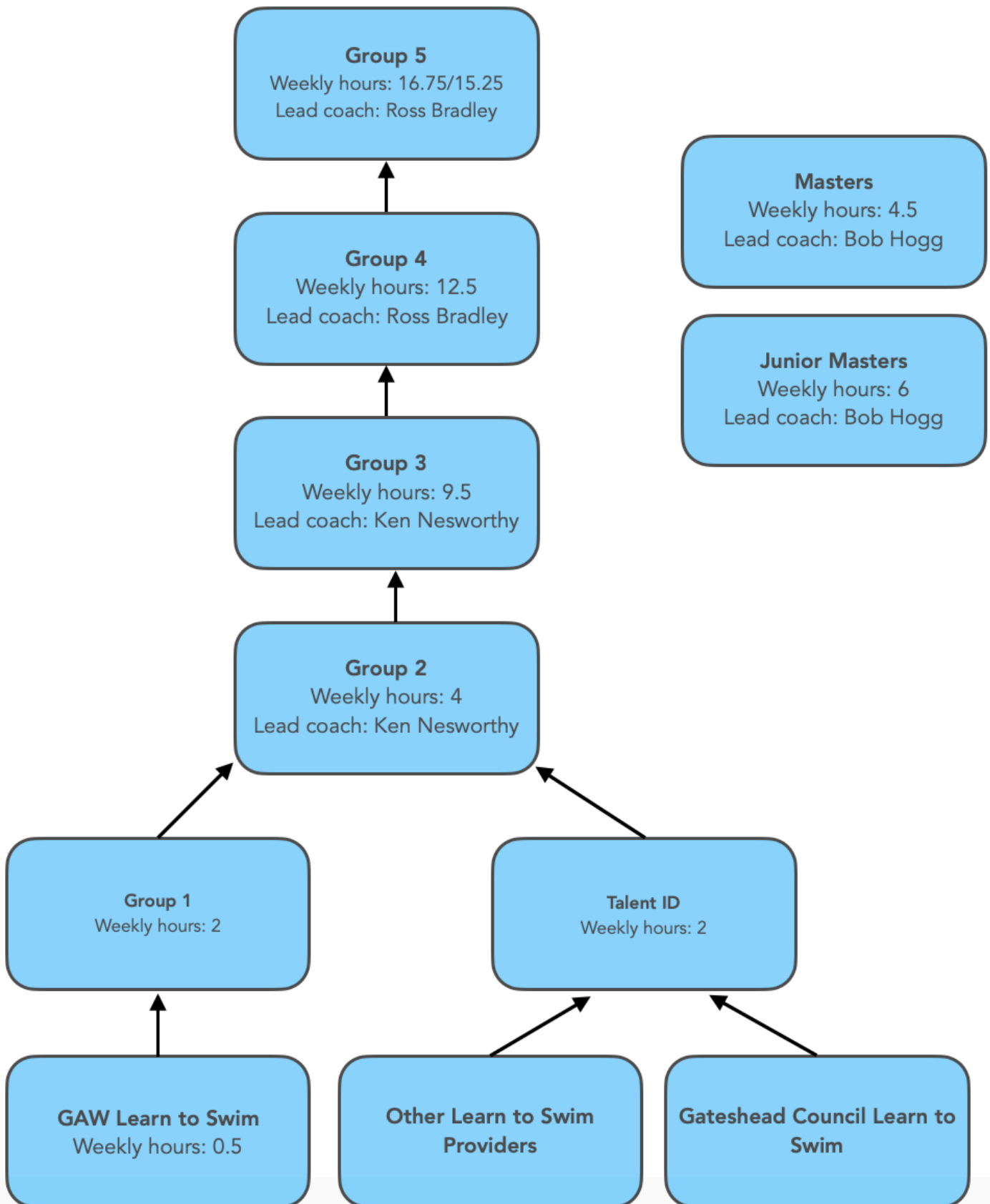
- Group structure
- Swimming & dryland timetable
- Group criteria (attendance and attitude) including competition calendar
- Equipment list
- Signature

The squad representatives for your group are Gillian Reid and Matthew Forbes. To be added to the group Band, please see Gillian or Matthew at the pool who will provide you with the link.

Yours in swimming,

Ross Bradley

GAW Group Structure



Group 3 - Squad Timetable & Criteria 2022/23

Timetable

Day	Venue	Session Time
Tuesday AM	Elswick	06:00 - 07:00
Tuesday PM	Dunston	17:00 - 19:00
Thursday PM	Dunston Studio	16:45 - 17:15
	Dunston	17:30 - 19:00
Friday PM	Dunston	19:00 - 20:30
Saturday AM	Dunston	08:30 - 10:00
Sunday PM	Elswick	16:00 - 17:30

Arrival

Swimmers must 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. For weekday AM sessions, arriving 5 minutes before the session will suffice. Swimmers should have all of their kit ready as well as 2x1 litre drink bottles.

Coach

The lead coach for Group 3 is Ken Nesworthy, with support from other club coaches.

Attendance

Group 3 is usually for swimmers aged 9-13 (age at 31st December **2023**). To achieve best results in the pool, the expected and minimum attendances are set out below. Swimmers are expected to attend the competitions set out for this group.

Expected Attendance	Minimum Attendance
70-100%	66%

If missing sessions, swimmers should aim to complete catch up sessions, especially if falling below their minimum. Swimmers should foresee this where possible and communicate with their coach to ensure attendance is as consistent as possible.

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
23.09.2022 25.09.2022	GAW Autumn Meet	Dunston	ALL	Club culture Benchmark meet Racing skills and plans
21.10.2022 22.10.2022 23.10.2022	Chester-le-street Meet	Chester-le-street	ALL	Racing skills and plans
05.11.2022 06.11.2022	North East Regionals (NER) Short Course	Sheffield (25m)	ALL Qualifiers This will likely be a small number of swimmers from this group.	Championship Meet
19.11.2022	Durham Medley	Durham	ALL	Racing skills and plans
17.12.2022 18.12.2022	Middlesbrough Meet	Middlesbrough	ALL	End of training cycle meet Racing skills and plans N&D Qualification

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.

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.

Swimmers should document their progress in a diary/notebook. The main reason for this is for swimmers to understand how they are improving and to take ownership of their swimming.

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 3. With the right attendance and attitude, a swimmer's performance will take care of itself in the long term.

In training, swimmers should demonstrate continued progression in swimming skills and aerobic capacity (measured by specific tests as well as general training performance) and monitored by coaching staff each training macrocycle.

Swimmers in Group 3 will begin to recognise the importance of purposeful land based training, including pre and post-pool activity.

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	• Diary/notebook
• 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>