



Group 5 Information Pack

Dear swimmer/parent,

Congratulations on being selected for 'Group 5'.

Squad Statement

In group 5, swimmers will continue to build their engines in training, with more focus placed on developing technical and tactical skills in competition than in previous groups. There will again be an increased focus on consistency and progression within key sets throughout each training week. Test sets will be periodically planned into training cycles to help swimmers understand how they are progressing. Swimmers in group 5 should aim compete in both county (N&Ds) and regional (NER) championships. They will continue to compete in local competitions, as well as some travel meets. It is a club aim to qualify an increasing number of swimmers for national level meets and beyond.

Please find attached important information for your group including:

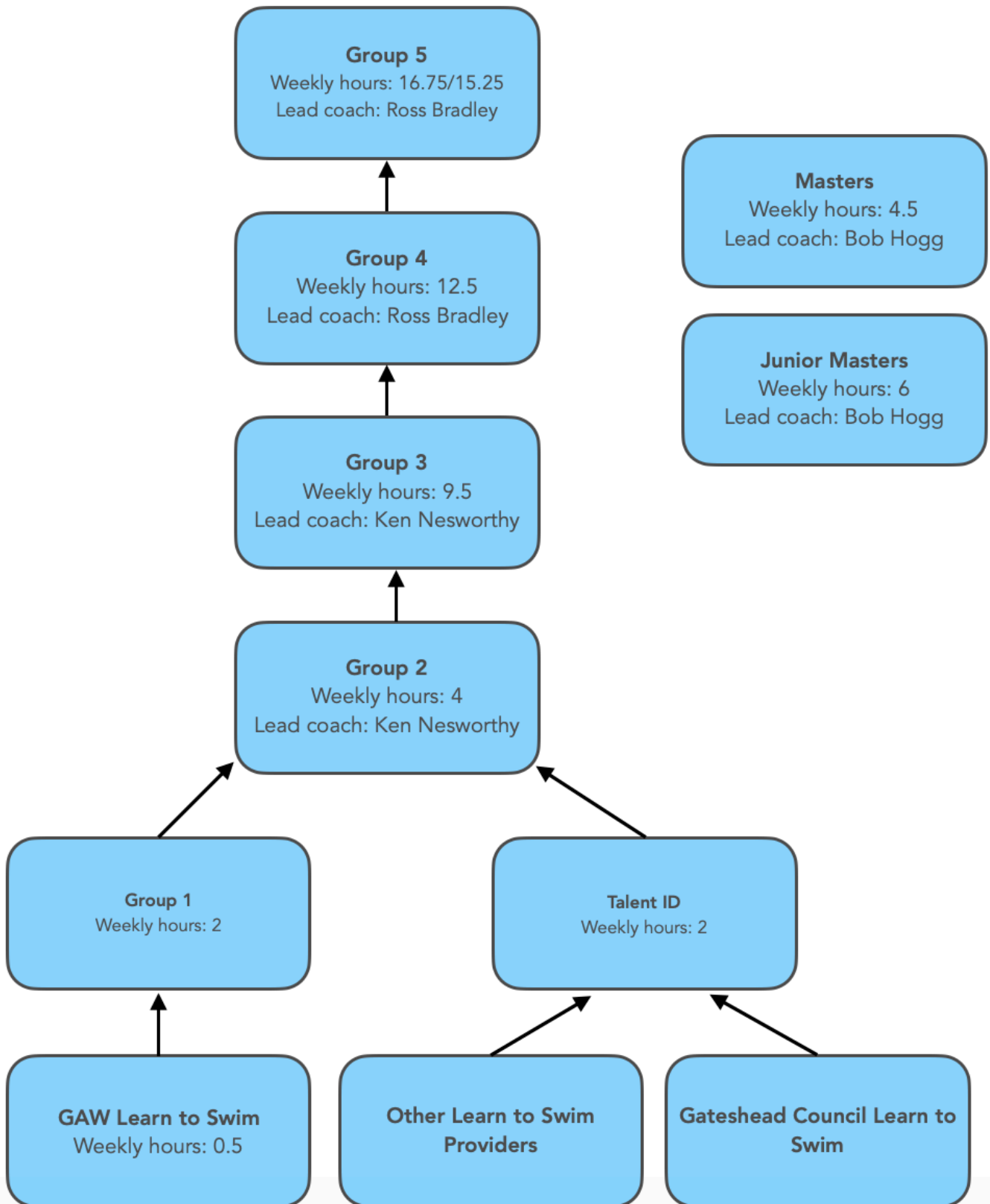
- Group structure
- Swimming & dryland timetable
- Group criteria (attendance and attitude) including competition calendar
- Equipment list
- Band consent
- Parent meetings
- Signature

The squad representatives for your group are Colin Swinney and Tracey Fox. To be added to the group Band, please see Colin or Tracey at the pool who will provide you with the link.

Yours in swimming,

Ross Bradley

GAW Group Structure



Group 5 - Squad Timetable & Criteria 2022/23

Timetable

Day	Venue	Session Time
Monday PM	Blaydon	17:30 - 19:30
Tuesday AM	Elswick	05:30 - 07:00
Tuesday PM	Dunston	17:00 - 19:00
	Dunston Gym (14+)	19:10 - Completion
Wednesday PM	Dunston Gym (13+)	16:30 - Completion
	Dunston	17:30 - 19:30
Thursday AM	Elswick	05:30 - 07:00
Friday PM	Dunston Gym (13+)	16:30 - Completion
	Dunston	17:30 - 19:30
Saturday AM	Dunston	07:00 - 08:30
	Dunston Gym (14+)	08:40 - Completion
Saturday PM	Sunderland (50m)	12:30 - 14:30

***S&C timings subject to change**

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 5 is Ross Bradley, with occasional support from other club coaches.

Attendance

Group 5 is usually for swimmers aged 14+ (age at 31st December **2023**) who are fully committed to success in the pool. To achieve best results in the pool, the expected and minimum attendances are set out below. Individual training schedules will be discussed with swimmers/parents. Swimmers are expected to plan their S&C session attendance each week, to ensure those aged 14 and above complete 2 sessions (unless otherwise discussed). Those aged 13 and below are expected to complete a minimum of 1 session.

Swimmer Age	Expected Attendance	Minimum Attendance
13 & under	80-100%	75%
14 & over	85-100%	75%

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.

For example, swimmers could attend a Thursday evening session as a catch up.

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	Focus
23.09.2022 25.09.2022	GAW Autumn Meet	Dunston	Club culture Benchmark meet Racing skills and plans
14.10.2022 15.10.2022 16.10.2022	BOSSS Meet	Billingham	Racing skills and plans NER qualification
05.11.2022 06.11.2022	North East Regionals (NER) Short Course	Sheffield (25m)	Championship Meet
02.12.2022 03.12.2022 04.12.2022	Swim England Winter Meet	Sheffield (25m)	Championship Meet
17.12.2022 18.12.2022	Middlesbrough Meet	Middlesbrough	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. In some situations, this may include competitions for Group 4 which may be more appropriate for the individual swimmer. For each competition, swimmers are expected to discuss their entries with their coach and enter the races set out for them.

For likely national qualifiers, please consider that the British Summer Championships and English Summer Nationals both fall within the Summer Holidays. It is also worth noting that many key events fall in and around school holidays.

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. It is important for swimmers to have an understanding of their best times in order to support them during sessions.

In matters of swimming, swimmers will almost always be dealt with directly rather than through parents. Parents will receive communication (usually via Band or Email) 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

Swimmers are expected to compete at county level, regional level and above (or demonstrate the potential to do so). Training programmes will be set out to meet the given potential of any swimmer. It is the goal of GAW to qualify swimmers to compete in national level competition. With the right attendance and attitude, a swimmer's performance will take care of itself.

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 5 must 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	• FINIS tempo trainer
• Football/hockey socks	• Diary/notebook
• Foam roller	• Resistance bands

Band Consent

Band will be reintroduced as a safe platform to share information with swimmers. All information is visible on the feed and there is no private messaging used. There will be no group chat feature.

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
- The swimmers can then 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 me know)

The band is as secure as possible, which includes the following settings:

Private, Membership requests on, No sharing live location, No chat feature

Jamie (welfare lead) is the co-admin so we are both notified to everything. We would notify you on anything which happened in the group.

By signing below, you will agree to:

- Engaging with and commenting on posts (where appropriate)
- Using appropriate language only
- Showing respect to everyone in the group
- Understanding that you will be removed from the group if you don't follow the above

Parental Support & Parent Meetings

There will be a minimum of 3 meetings offered over the course of the season including a pre-season meeting, mid-season meeting and optional individual meetings.

Signature

Please respond to this Google Form to agree to the criteria, including for Band.

<https://forms.gle/YVLfgRk4PjAn97TR6>