

GARIOCH AMATEUR SWIMMING CLUB

Presentation 22nd August 2003 (Head Coach – Patrick Miley)

- Background – why swim?
- Developmental process – learn to swim, competition, level of achievement
- “Volume of swimming”
- Possible “Route” for progression
- Expectations – Swimmer; Parent; Coach; Club
- Support – Swimmer; Parent; Coach; Club
- Help needed – Involvement – Poolside – Committee – Social & other
- The FUTURE

Background – Why Swim?

- Safety – Lakes – Water anywhere - Holidays – early as possible! Age 3 months + in Australia
- Health – non-weight bearing exercise – huge cardiovascular benefits
- Discipline – transfers to education and “lifestyle”
- Competition – taking part & supporting – preparation
- Stress – physical – emotional – healthy outcomes
- Be successful – in swimming – preparation for life
- Family support can be very rewarding
- **CONFIDENCE**

Developmental Process

- Learn to Swim, then - entry into GASC (age 5 – 10 years, normally)
- Progression from pre-squad swimming groups – Fri & Sat evenings
- Fri & Sat = 40minute sessions
- Morning swims (Mon – Fri) = 6:15 or 6:30am starts; preferable 6:15 ASAP; Sqd 1&2 generally 6:30, but sqd 3 should be 6:15 starts
- Thursday evening = 7:45 – 9:30pm & Sun = 6 – 7:30pm
- Squad 1 – Training 1 morning + Mon pm & Fri & Sat evenings c. 3hr 50pw
- Squad 2 – Training 2 mornings + Tues pm & Sun evening c. 5hrs 30pw
- Squad 3 – Training 3 mornings & Thursday evenings, plus possible Wed or Fri afternoons (1hr 15) c. 7hr 15 or 8hr 30 pw
- Squad 4 – Training 4 mornings & Thursday evenings, plus possible Wed &/or Fri afternoons c. 10hr or 11hr 15 pw
- Squad 5 – Training 5 mornings & Thursday evenings, plus possible Tues eveing, Wed &/or Fri afternoons c. 11hr 30 and up to 14hrs pw
- All squads allow SOME flexibility & encouragement for promising swimmers

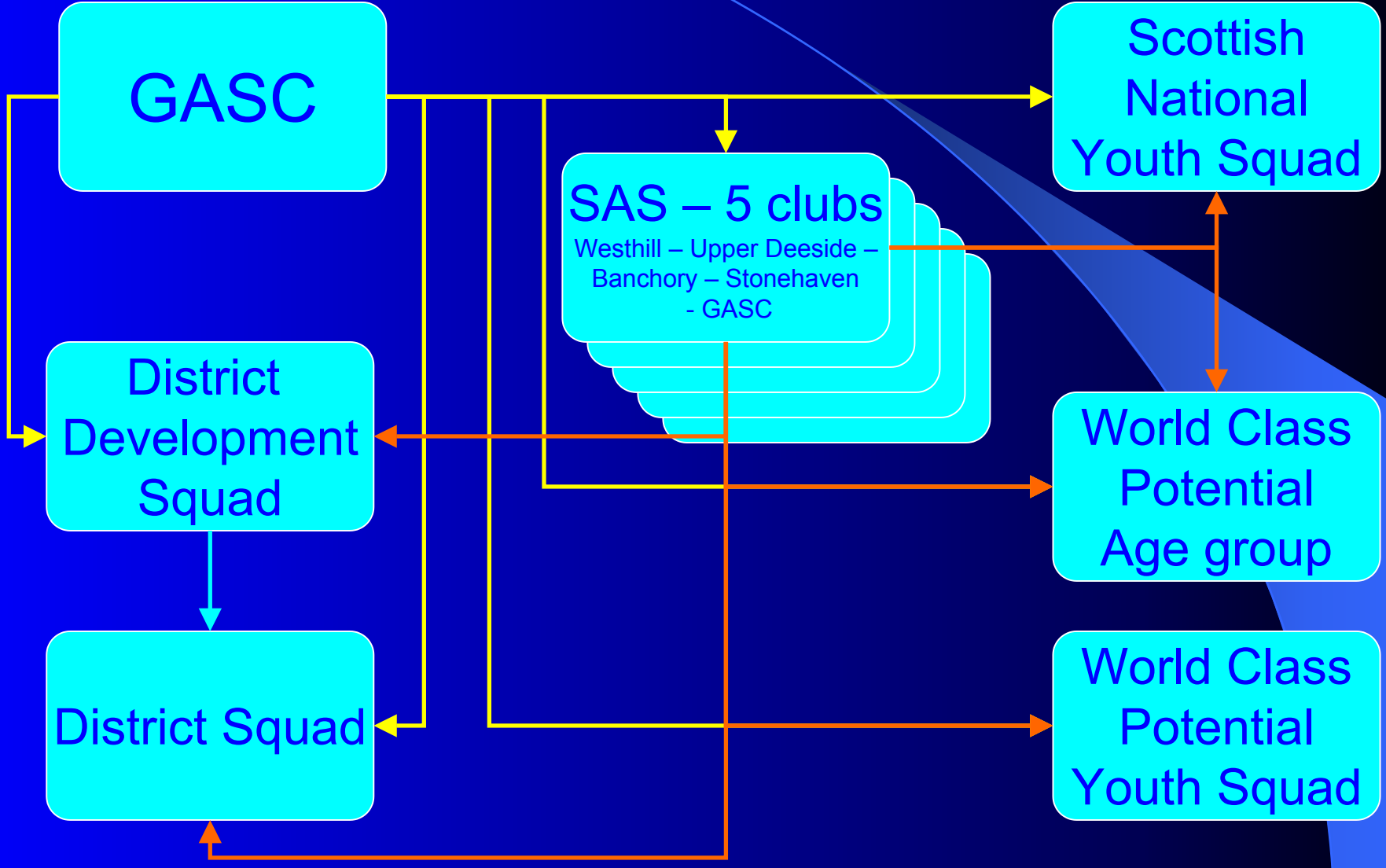
Likely Age and “Volume” of swimming

- Pre-squads c. 1200 – 3200m pw skills priority; 5 – 10yrs
- Sqd 1 c. 6,000 – 9,000m pw stroke & comp skills 8 – 11yrs
- Sqd 2 c. 11,000 – 16,000m pw stroke, comp & aerobic training 9 – 12yrs
- Sqd 3 c. 18,000 – 23,000m pw stroke, comp & aerobic training 10 – 14yrs
- Sqd 4 c. 26,000 – 32,000m pw stroke, comp & aerobic training 11 – 15yrs+
- Sqd 5 c. 33,000 – 50,000m pw stroke, comp & aerobic training 12 – 16yrs+

Possible Route for Progression

- Pre-Squads (N.B. also use of teaching pool for skills for some “entry point swimmers”)
- Sqd 1 – 2 (plus Land training)
- Sqd 3 SAS Junior Squad/Transitional (“District Development Squad” QT’s)
- Sqd 4 SAS Transitional Squad (“District Squad” QT’s)
- Sqd 5 SAS Transitional or TOP Squad (Scottish National Sqd selection QT’s)
- World Class Potential Programme (British Programme) QT’s normally top 15 – 25 in UK by age 13 – 15 girls & 14 – 16 boys

GASC – SAS – Scottish – British “Structure”



Expectations

- Continued success and progression
- Grasp opportunities and support success
- Create the environment where “Excellence” can breed
- Celebrate success for Club & Individuals
- Remain positive and incorporate expertise where we can
- Greater understanding of swimming for all
- Encourage all of our efforts – support each other
- GASC – a Partnership

Support

- Committee
- Poolside – particularly for Sqds 3,4 & 5 – older children, increased “detail” within training – Lane assistant Coaches / Helpers
- Sponsorship & Fundraising
- Social organisation – enthusiast
- IDEAS – please put them forward
- Swimmer and Parent Discipline – read notice board
- Diet & SLEEP & drinking – organised family support

Help

- Anyone interested in learning more by walking onto the pool deck and offering assistance; guidance and teaching will be given!
- Lane ropes & blocks
- GASC supporters group – Cub “Identity”
Flags – Banners – Tracksuits – ideas!

The FUTURE

- Greater “awareness” of the values & benefits of swimming
- Greater “hands on” support from as many Parents as possible
- Celebration of successes
- Hard work, fun and rewards for all involved!

Thank you for listening –
any Questions?