

Braunstone Swimming club – Squad Training Sessions and Structure

District Seniors	Venue	Time	Length	Teacher/Coach
Monday	Leisure Centre	6.30 – 8.00 pm	1.5	SH, JA
Tuesday	Winstanley	6.00 – 7.00 am	1	JA, YK
Wednesday	Winstanley	7.00 – 8.30 pm	1.5	SH, JA
Thursday	Winstanley	7.30 – 8.30 pm	1	SH, JA
Friday	Winstanley	5.30 – 7.00 pm	1.5	SH, JA
Saturday	Winstanley	8.15 – 9.45 am	1.5	SH
		<i>Total hours</i>	8 hrs	<i>Total meters pw: Avg 20-24,000</i>
Age	Youth → Senior			
Ability	County → Regional			
Criteria for Entry*	To attend 5/6 sessions per wk + 2 land training sessions Have targets for County & Regional Champs Log sessions			
Session Aims	To improve aerobic and anaerobic ability. Specific training for starts, turns, finishes. Race tactics, race preparation and rehearsal. Clear goals for achievement.			

District Juniors	Venue	Time	Length	Teacher/Coach
Monday	Winstanley	8.00 – 9.00 pm	1	SH, JA
Tuesday	Winstanley	6.00 – 7.00 am	1	JA, YK
Wednesday	Winstanley	7.00 – 8.30 pm	1.5	SH, JA
Thursday	Winstanley	5.30 – 6.30 pm	1	SH, JA
Friday	Winstanley	4.30 – 5.30 pm	1	SH, JA
Saturday	Winstanley	8.15 – 9.45 am	1.5	JA
		<i>Total hours</i>	7 hrs	<i>Total meters pw: 12 – 16,000</i>
Age	9 – 13 years girls, 10 – 14 boys			
Ability	County → Regional			
Criteria for Entry*	To attend 5/6 sessions per wk + 2 land training sessions Have goals and targets			
Session Aims	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			

Seniors	Venue	Time	Length	Teacher/Coach
Monday	Leisure Centre/ Winstanley	6.30 – 8.00 pm	1.5	SH, JA
Wednesday	Winstanley	7.00 – 8.30 pm	1.5	SH, JA
Thursday	Winstanley	7.30 – 8.30 pm	1	SH
Friday	Winstanley	5.30 – 7.00 pm	1.5	SH, JA
		<i>Total hours</i>	5.5 hrs	<i>Total meters pw: 12 -16,000</i>
Age	Youth → Senior			
Ability	Club → County			
Criteria for Entry*	Min. of 2 sessions per wk + 1 land training session			
Session Aims	To improve aerobic and anaerobic ability. Specific training for starts, turns, finishes. Race tactics, race preparation and rehearsal. Clear goals for achievement.			

Junior A	Venue	Time	Length	Teacher/Coach
Monday	Winstanley	8.00 – 9.00 pm	1	JA
Thursday	Winstanley	5.30 – 6.30 pm	1	JA, SH
Friday	Winstanley	7.00 – 8.30 pm	1.5	AK, YK
Saturday	Winstanley	11.30-12.30 pm	1	SH/JA/RH
		Total hours	4.5 hrs	Total meters pw: c4-8000 Skill Devt
Age	9 – 13 years girls, 10 – 14 boys			
Ability	Club → County			
Criteria for Entry*	Min. of 2 sessions per wk + 1 land training session			
Session Aims	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			

Junior B	Venue	Time	Length	Teacher/Coach
Tuesday	Leisure Centre	6.30 – 7.30 pm	1	JA, SH
Thursday	Winstanley	6.30 – 7.30 pm	1	RH
Friday	Winstanley	7.00 – 8.30 pm	1.5	AK, YK
Saturday	Winstanley	11.30-12.30 pm	1	SH/JA/RH
		Total hours	4.5 hrs	Total meters pw : c4-8000 Skill Devt
Age	9 – 13 years girls, 10 – 14 boys			
Ability	Club			
Criteria for Entry*	Min. 2 sessions per wk + 1 land training session			
Session Aims	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			

Development A	Venue	Time	Length	Teacher/Coach
Tuesday	Leisure Centre	7.30 – 8.30pm	1	Sue J, Stu J
Thursday	Winstanley	6.30 – 7.30 pm	1	RH
Friday	Leisure Centre	7.00 – 8.00 pm	1	RH, RM, JS, EH
Saturday	Winstanley	11.30–12.30 pm	1	JA
		Total hours	4 hrs	Skill Devt
Age	6 – 9 years			
Ability	Development			
Criteria for Entry*	Min. 2 sessions per wk + 1 land training session			
Session Aims	Skill and aerobic development			

Development B	Venue	Time	Length	Teacher/Coach
Tuesday	Leisure Centre	6.30 – 7.30pm	1	Sue J, Stu J
Friday	Leisure Centre	7.00 – 8.00 pm	1	RH, RM, JS, EH
Saturday	Winstanley	11.30–12.30 pm	1	JA
		Total hours	3 hrs	Skill Devt
Age	6 – 9 years			
Ability	Development			
Criteria for Entry*	Min. 2 sessions per wk + 1 land training session			

Session Aims	Skill development
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LEARN to SWIM	Venue	Time	Length	Teacher/Coach/Helpers
Saturday	Winstanley	9.45 – 11.15 am	1.5 (3x half hour sessions)	JS, Stu J, RH, EH, JA, CA, CR, MH, LA, AB, AH
Age	3 yrs upwards			
Ability	Non-swimmer, beginner, improver, Levels 1-7			
Criteria for Entry*	As set out in NPTS			
Session Aims	As set out in NPTS Level 1-7. To include: developing basic safety awareness, water confidence, safe entries into the water, submersion, buoyancy, watermanship, breathing, swimming, quality stroke techniques.			

DISABILITY TRAINING	Venue	Time	Length	Teacher/Coach
A lane can be made available at Winstanley on Fridays if required. However, it is the club's policy to integrate into mainstream swimming wherever possible.				
Age	n/a			
Ability	Non-swimmer upwards			
Criteria for Entry*	The club and teachers must be satisfied that they have the appropriate skills and equipment to satisfy the needs of the individual swimmer.			
Session Aims	To develop the individual's aquatic skills with the aim of inclusion in mainstream squads			

LAND TRAINING	Venue	Teacher/Coach
	Winstanley	Karl Strange (Strength Coach), Stuart Henson (Chief Coach), Asst Coach (J Ashmore), L2 Coach (R Hincks), L2 Teacher (S James)
Development Squad	Thursdays 6.10 – 6.30 pm	
Juniors	Thursdays 6.30 – 6.50 pm	
Seniors	Thursdays 7.10 – 7.30 pm	
"	Saturdays 9.45 – 10.05 am	
Session Aims	To develop flexibility/stretching, body weight exercises, core stability exercises, circuit training and where appropriate weight training	

*NB Progression to the next squad is finally up to the coaches/committee's discretion and available space.