



Rugby Swimming Club (RSC) has a proud 50-year history in the town, offering both Speed and Artistic swimming sections. In addition, a small number of swimmers compete in Open Water and Masters events.

Our aim is to provide a safe and healthy environment for the coaching and development of swimming, and to provide the opportunity and the encouragement which enables all members to reach their full potential within the sport of swimming.

The club is committed to expanding its reach within the town and surrounding villages, to promote a healthy sporting lifestyle for swimmers; and would like to encourage and deepen our memberships diversity and social origin.

The club will always ensure its culture promotes a warm and compassionate environment, that recognises both mental and physical wellbeing. RSC believe that there are many benefits to be gained from participating in organised sport, and our objective is to provide every member with the opportunity to achieve success and attain their full potential as a swimmer, and as a person.

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# Squad Aims and Expectations

## Performance- Expectations

Minimum age of 11+ (P2)

Minimum age of 13+(P1)

Attend at least 80% of all training sessions available including land training

A minimum of 1 morning per month (P2)

A minimum of 2 mornings per month (P1)

Aspire to achieve or already achieving regional qualifying times

Have a positive can-do attitude to training and racing

Consistently demonstrate the swimmers core values described below

Compete in the majority of events set out in the competition calendar

Arrive ready to start each training session on time

Be available when selected for team events

## Performance- Aims

Maintain efficient stroke technique across all four strokes

Compete regularly across all four strokes including Distance Freestyle & IM events

Attempt to qualify for Regional and National competition

Understand the different training methods

Progression of racing speed and skills

Effective kicking across all four strokes

Efficient dive starts, turns & finishes

Understand the importance of stroke counting and how this helps efficiency through the water

Improve understanding of tactical and mental preparation and how this impacts performance

Demonstrate the ability to reflect on training and racing performances

Demonstrate an understanding of positive nutrition and hydration



## **Juniors and Development 2 - Expectations**

Have effective stroke technique on all 4 strokes

Demonstrate a tight effective streamline position at all times

Attend at least 60% of training sessions available

Regularly compete in events set out in the competition calendar - including our home galas (Rugby Open and Rugby Club Champs) as well as Open Meets organised by other clubs

Enters a range of events & strokes as set out by the competition guidance set by the coaching team

Arrive ready to start each training session on time

Understand swimmers core values and what it takes to be a top athlete

Be available when selected for team events

## **Juniors and Development 2 - Aims**

Keep improving stroke technique in all four strokes

Swim short distances for stroke correction

Race all strokes including 200m IM

Introduction to longer swims in training and racing, 100m, 200m, 300m, 400m

Short speed swim sets

Learn the basics of stroke counting and why this is important

Turn practice and correction with emphasis into stroke transition

Start practice and correction into stroke transition

Learn training techniques- clock reading, punctuality, lane discipline, and benefits of regular attendance

Further develop take-over practice and correction

Understand core values and what it takes to be a top athlete

Understand basic nutritional and hydration advice

## **Pre-Development and Development 1 - Expectations**

Listen to coaches and work hard every session

Attend at least 50% of training sessions available

Arrive ready to start each training session on time

Be working towards having an effective stroke technique on all 4 strokes

Enter and compete in our annual club championships gala

Enter and compete in Open Meets (minimum age 9) as directed by the coaching team

Be available when selected for team events

Begin to learn and understand swimmers core values and what it takes to be a top athlete

## **Pre-Development and Development 1 - Aims**

Introduction to efficient stroke techniques across all four strokes

Begin to learn starts, turns and finish techniques

Introduction to speed, emphasis on enjoyment of the sensation of swimming fast

Swim short distances for stroke corrections

Develop tight and effective streamline

Learn how to train (warming up and swimming down, clock reading, lane discipline)

Introduction into gala procedures and rules

Understand basic nutritional and hydration advice

## **Club swim - Expectations**

Listen to coaches and work hard every session

Attend at least 50% of training sessions available

Have effective stroke technique on all 4 strokes

Arrive ready to start each training session on time

Understand fundamentals of a pool training session - clock reading, punctuality, lane discipline, and benefits of regular attendance

Understand core values and what it takes to be a top athlete

Be available when selected for team events

## **Club swim - Aims**

Keep improving stroke technique in all four strokes

Swim short distances for stroke correction

Development of leg kick in all four strokes

Learn the basics of stroke counting and why this is important

Learn training techniques- clock reading, punctuality, lane discipline, and benefits of regular attendance

Further develop take-over practice and correction

Understand core values and what it takes to be a top athlete

Understand basic nutritional and hydration advice



# Rugby Swimming Club Values-

Swimmers are expected to demonstrate:

## Hard Work

The swimmer can engage consistently at levels of effort that are extremely challenging throughout the training week. The swimmer shows mental and physical resilience when training is demanding. The swimmer embraces the demand of training and thrives off the challenge that faces them.

## Commitment

A swimmer who prioritises their choices around training and maximising their engagement within each session whilst making performance decisions outside of training.

## Coachable

The swimmer listens to feedback with emotional intelligence, applies it and improves their performance. The swimmer trains to the best of their ability every session practising their technical and racing skills in the process of improving performance. The swimmer loves to train and embraces the physical and mental challenges they may face.

## Common Courtesy

Say please, thank you, hello, good morning and goodbye. Be polite, be kind, be helpful- to all involved: Coaches, officials, volunteers and other swimmers. The swimmer arrives before training starts ready to begin on time.

# Training Equipment list

Along with goggles and swimwear all swimmers should bring the following to every training session:-

- Drink (preferably water) 1 Litre per hour of training
- Kickboard
- Pullbuoy
- Training Fins
- Hand paddles (Optional)
- Freestyle snorkel (Optional)

Swimmers in the Performance squads should also have the following-

- Freestyle snorkel
- Hand paddles
- Finger paddles
- Resistance band (can collect 1 from coach for free)

## Advice for Parents

All parents start off taking their child to swimming lessons and then progress into a swimming club environment, before you know it you are entrenched and absorbed by our sport, and it becomes a way of life for your family. Swimming is a lifelong project and one that is enjoyable and brings many



happy experiences and challenges that make us all better people. A parent of a swimmer that is involved in a structured competitive training environment will see their respective child have exceptional life skills from an early age such as discipline, commitment, time management, independence, taking responsibility, working with others; and being able to win and lose. These values will give your child a foundation to assist them in their entire life. The following are pointers for parents new and old:-

- Remind your child that they are valued as a person by their behaviour, manners, and attitude, not through the medals or personal bests they achieve.
- Encourage your child to listen to the coach's and try to execute the technical points being given to them to improve their technique.
- The coach is the coach, please support the coach's advice so that the swimmers are receiving one message.
- Encourage your child to embrace and practise turning skills i.e., dolphin kicking fast off every wall. This is great foundation as they develop and grow in the sport.
- Speak to the coaching staff about competition entries so your child swims a variety of events, and that all strokes are covered equally during the season. This will help to develop technique across all four strokes.
- Be patient when your child is going through physical and biological changes. It can be a two-year window the body needs to adjust to maturation, give your child time to develop their performance.
- Encourage good attendance and work ethic to maximise your child's short- and long-term development.
- The journey will be a roller coaster, don't get carried away during the good times or the challenging times.
- Keep expectations realistic, additional pressures can negatively impact your swimmer.
- Keep a level head whether your child has a great performance or if the performance wasn't as good as they hoped for. As long as they have tried their best, that is all we can ask for.
- Controlling your disappointment is key to helping your child stay happy and focused.
- Leave the tactical and technical advice to the coaches, and support their advice so that your child has one message, this will help with better performances.
- If you are struggling with a situation or understanding something, speak to your coach or a club volunteers. They will give you the right advice and information.
- Encourage your child's independence and responsibility for their preparation. Let them pack their bags from an early age, to build their understanding of self-preparation.
- All children develop at different rates so be patient with your own child's development. Some will have success early. Later developers will have success in the later teenage years and senior years.
- Enjoy your child's experience and journey as they grow into a confident, independent swimmer.

## Monthly Squad Fees

<b>Name:</b>	<b>Swim Hours Per Week</b>	<b>Fees per Month*</b>
Pre-development	1	£43
Development 1	1.5	£43
Development 2	3	£54
Juniors	5	£70
Performance 2	8	£86
Performance 1	11.5	£102
Club Swim	2	£48
Gold	up to 7.0	£54

All fees should be paid 1st of each month. Fees are reviewed at the start of each year.

\* Note an annual £65 fee to cover the Swim England registrations and club admin is applicable

<https://www.rugbyswimmingclub.co.uk/StaticPage.aspx?idPage=14>

# Club Timetable

The times provided are the scheduled start times for the swim sessions. Swimmers are advised to be prepared on poolside at least 10 minutes before these times, allowing for a pre-pool warm-up whenever feasible.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pre-Development</b>		18:00-18:30/ 18:30-19:00 (30mins) <b>RSSC</b>					15:00-15:30 <b>QDJC</b>
<b>Development 1</b>		18:00-19:00 <b>RSSC</b>					15:00-15:30 <b>QDJC</b>
<b>Development 2</b>		18:00-19:00 <b>RSSC</b>	19:00-20:00 (20:30) ** <b>RSSC</b>			07:00-08:00am <b>QDJC</b>	15:30-16:30 <b>QDJC</b>
<b>Juniors</b>		17:00-18:00 <b>RSSC</b>	19:00-20:30 <b>RSSC</b>			07:00-08:00am <b>QDJC</b>	15:00-16:30 <b>QDJC</b>
<b>Performance 2</b>		05:00-07:00am <b>BG*</b> 19:30-21:00 <b>BG*</b>	19:00-21:00 <b>QDJC</b>	18:00-20:00 <b>RSSC</b>	06:30-07:30am <b>QDJC</b>	07:00-08:00am <b>QDJC</b>	16:30-18:00 <b>QDJC</b> 15:30-16:15 <b>Land, QDJC</b>
<b>Performance 1</b>	05:00-07:00am <b>BG</b>	05:00-07:00am <b>BG*</b> 19:30-21:00 <b>BG*</b>	19:00-21:00 <b>QDJC</b>	18:00-20:00 <b>RSSC</b>	06:30-07:30am <b>QDJC</b> 19:30-21:30 <b>BG</b>		16:30-18:00 <b>QDJC</b> 15:30-16:15 <b>Land, QDJC</b>
<b>Gold</b>	05:00-07:00am <b>BG</b>	05:00-07:00am <b>BG</b>	19:00-21:00 <b>QDJC</b>		06:30-07:30am <b>QDJC</b>	07:00-08:00am <b>QDJC</b>	16:30-18:00 <b>QDJC</b>
<b>Club swim</b>		17:00-18:00 <b>RSSC</b>					15:30-16:30 <b>QDJC</b>

\* Performance 1+2 swimmers can train either Tuesday am or Tuesday pm but not both.

\*\* Development 2 swimmers have the option to stay until 20:30 on Wednesday evening.

**BG**- Bilton Grange School

**RSSC**- Rugby School Sports Centre

**QDJC**- Queens Diamond Jubilee Centre

# Competition Calendar 24-25

See below competition calendar for the upcoming season. Some events may not be suitable for all swimmers, speak to your coach if you are unsure what events swimmers should enter. Please note this will be updated as the season progresses with more open meets to be added as the information is published. Emails will be sent out when competitions are open for entry.

Month	Event	Date	Where	Who its for
January	Cov + District Relays	4th	Coventry, Alan Higgs	Team selected
	Leicester Winter League Round 1	11th	Rugby, QDJC	Team selected
	Warwickshire Championships	20th + 21st	Coventry, Alan Higgs	Qualifiers
February	Warwickshire Championships	3rd + 4th	Coventry, Alan Higgs	Qualifiers
March	Leicester Winter League Round 2	8th	TBC	Team selected
	Derby Excel Spring Qualifier	14th - 16th	Sheffield, Ponds forge	Performance 1
	Rugby Open Meet	29th + 30th	Rugby, QDJC	All squads
April	British Swimming Championships	15th - 20th	London Aquatics Centre	Qualifiers
	Junior League Round 1	5th	TBC	Team selected
	Storm Trident National Qualifier	12th + 13th	Birmingham, Sandwell	Performance
	West Midlands LC Championships	26 + 27th	Birmingham, Sandwell	Qualifiers
May	West Midlands LC Championships	3rd - 5th	Birmingham, Sandwell	Qualifiers
	Junior and Diddy League Round 2	10th	TBC	Team selected
	Leicester Winter League Round 3	17th	TBC	Team selected
	Cov + Districts			
	May Open Meet	TBC	Coventry, Alan Higgs	All squads

<b>June</b>	City of Leicester summer splash	14th + 15th	Braunstone, Leicester	All squads
	Junior and Diddy League Round 3	21st	TBC	Team selected
<b>July</b>	Graham Sykes Summer	20th + 21st	Coventry, Alan Higgs	All squads
	National Championships	TBC	TBC	Qualifiers

#### **Important information about competition levels:**

Not all meets are suitable for swimmers in all squads or ability levels. Please pay close attention to which squad a competition is for and what level the meet is.

#### **Level 1:**

Meets are long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.

#### **Level 2:**

Meets are short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course.

#### **Level 3:**

Meets are long and short course events. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2.

#### **Level 4:**

Meets are entry level events in pools 25m or greater. Local Championships are an example. They are for inexperienced athletes and swimmers seeking to compete outside their club training environment. If times are good athletes progress to Level 3 Meets.

If you are unsure whether you should enter a meet, please email either Rory or Andy for guidance:

**Head coach:** [Headcoach@rugbyswimmingclub.co.uk](mailto:Headcoach@rugbyswimmingclub.co.uk)

**Development coach:** [developmentcoach@rugbyswimmingclub.co.uk](mailto:developmentcoach@rugbyswimmingclub.co.uk)

**You can find any updated version on the club website.**

# Gala Entry

## How to use the online entry system:

1. Go to the Rugby Swimming Club website ([www.rugbyswimmingclub.co.uk](http://www.rugbyswimmingclub.co.uk))
2. Select '**Swimmers**' from the menu across the top of the page and then click on '**Gala Entries**'
3. Log in using your swimmers ASA number as the account name – you will have been sent a password which you would've updated the first time you logged in to the site.
4. Select your swimmer from the drop down list.
5. Select the competition you want to enter from the other drop down.
6. Click '**+ Add Events**'
7. Tick the events you want to enter – if your swimmer already has a time it will appear next to the event. If they don't, you may (depending on the event) be able to enter your own – speak to your Coach to get the correct time before you submit your entry. Please note that you are unable to tick the check box if you are adding a time, however, simply fill in the predicted time and it will be included when you click the green tick.
8. 'Submit' your entries
9. Pay the entry fee to the account mentioned at the bottom of the entry form, ensuring you use the payment reference for that event.
10. Can't remember what you've entered? Go back to step 5 above and you'll be able to see what you've entered and the entry time

Please note, once you've submitted your entry you can't change it online yourself, you will need to contact Clare and Matt.

If you have any questions about entry times, or using the online system, please email Matt and Clare on [openmeetsecretary@rugbyswimmingclub.co.uk](mailto:openmeetsecretary@rugbyswimmingclub.co.uk)

# Open meet advice

If this is your swimmers first open meet you might be feeling a little unsure of what to expect. Hopefully this guide will give you a starting point, but you'll also learn from experience as your swimmer enters more open meets.

- Swimmers should arrive pool ready.
- They should arrive in plenty of time for warm up and be dropped off at the changing room entrance making sure to agree a meeting place with you for after the competition. Parents are not allowed in the changing rooms during competition, but you can watch from the spectator area.
- Your swimmer should head through the changing room to meet the Coaches or team managers poolside (this may not be their usual coach).
- Team managers and Coaches will make sure that your swimmer is where they need to be in time for their event.
- Swimmers should remain poolside during competition so that they don't miss their event. However they are allowed to leave poolside if they need to. They should always tell the team managers and coaches where they are going.
- They don't need to stay until the end of the competition. They can leave once they have finished their events. However, team spirit is welcome and they can always stay to cheer on their team mates, it helps to make a great competition for all involved.
- Your job is to get the swimmer to the competition on time, with the right kit, with enough (and the right sort of) food and drink so that they can perform at their best, and to support, encourage and celebrate with them. You don't need to analyse their performance, their Coach will do that 😊

## An idea of what to pack...

**Swimwear:** It can be handy to pack a spare if you have one. High level competitions state that swimwear must be FINA approved – this doesn't apply to our Club Championships.

**Towels:** It is recommended that you take two towels for competition, one so that swimmers can dry off after warm up and between events, and another to still have a nice dry towel for afterwards. A hand towel or sports towel is also handy.

**Swimming cap:** A Club cap (named or unnamed) should be used for competitions where possible.

**Goggles:** Pack a spare pair – just in case.

**Clothing:** Swimmers where possible should wear their Club t-shirt. Shorts, leggings or jogging bottoms are recommended for keeping warm between races as well as suitable footwear that will get wet. A spare pair of warm, dry clothes should be kept for after competition.

**Filled drinks bottle:** Swimmers should bring plenty of fluids, poolside environments are very hot and humid. Water or squash is recommended. Sugary energy drinks will not boost performance and may in fact inhibit it.

**Snacks:** Have a post race snack prepared such as a banana or flapjack. Sweets are acceptable in moderation. Chocolate will melt and is not recommended for poolside due to obvious messiness. No nuts please.

**Food:** Open meets usually go on all day long, swimmers may well be needing lunch at some point, it is best to come prepared with lunch. Good example of food is pasta salad, sandwich, fruit, yohurt.

**Entertainment:** Open meets can be a full weekend event. Swimmers can get bored without many races to swim. We encourage socialising with and supporting their fellow teammates as opposed to playing on an electronic devices. Mobile phones are not always permitted on poolside, this can change between venues.

Loss or damage is a potential risk so think carefully about what your swimmer brings – it's their responsibility to look after it.





# Glossary of swimming terms

**DNC-** In competition stands for did not compete

**DNF-** In competition stands for did not finish

**DQ-** In competition stands for disqualified

**FINA-** Worlds governing body for swimming

**Form stroke-** The main strokes not including Front crawl. **Backstroke, Breaststroke, Butterfly**

**Freestyle-** Usually meaning just Frontcrawl as it's the fastest stroke but technically it means any stroke

**HDW (Heat declared winner)-** In competition the result is determined by the results of the heats, the winner is the fastest overall heat time in the relevant age group regardless of which swimmers win the heat

**IM (Individual medley)-** All 4 strokes swam in the same race over 100,200 or 400m. Always in the same order Butterfly, Backstroke, Breaststroke, Front crawl.

**Judges-** The officials responsible for judging stroke technique, turns and finishes in accordance with the technical laws.

**Licensed meets-** Swimming events licensed by Swim England. This means they must reach certain standards to ensure fair competition. Licensed meets are graded into the four levels below.

**Level 1-** Long course meet (50m) and covers National, Regional and County Championships. Level 1 meets also enable swimmers to achieve qualifying times for entry into national competition.

**Level 2-** Short course meet (25m) and covers National, Regional and County Championships. Level 2 meets also enable swimmers to achieve qualifying times for entry into national competition in short course.

**Level 3-** Can either be long course or short course. Their purpose to enable swimmers to qualify for Regional and County championships and other Level 1 or Level 2 meets.

**Level 4-** Entry Level competition usually internal club meets i.e. Club Championships

**Long course-** Galas swam in a 50m pool

**Open meet-** Gala open to swimmers from any club aged 9+. Most open meets will have upper (no faster than) and or lower limit (no slower than) qualifying times

**Referee-** The official who has the authority over all officials at a meet

**SE-** Swim England, National governing body for swimming

**Short course-** Galas swam in a 25m pool

**Splits-** The times from a race broken down into smaller segments

**Starter-** The official responsible for starting each race

**Swim down-** Gentle swim to relax the muscles after training or competing

**Timekeepers-** The officials responsible for manually recording the time for each swimmer

**Warmup-** Gentle swimming to loosen up the body at the start of training or before a gala



# Club Contacts

**Rory Grealy** – Head Coach- [headcoach@rugbyswimmingclub.co.uk](mailto:headcoach@rugbyswimmingclub.co.uk)

**Andrew Rourke** – Development Coach – [developmentcoach@rugbyswimmingclub.co.uk](mailto:developmentcoach@rugbyswimmingclub.co.uk)

**Nick Gower** – Club Chairman – [chairman@rugbyswimmingclub.co.uk](mailto:chairman@rugbyswimmingclub.co.uk)

**Stacey Banks** – Club Secretary – [secretary@rugbyswimmingclub.co.uk](mailto:secretary@rugbyswimmingclub.co.uk)

**Coleen Hill** – Club Treasurer – [treasurer@rugbyswimmingclub.co.uk](mailto:treasurer@rugbyswimmingclub.co.uk)

**Alice Harlock** – Membership Secretary – [membership@rugbyswimmingclub.co.uk](mailto:membership@rugbyswimmingclub.co.uk)

**Richard Kelly**– Club welfare officer – [welfare@rugbyswimmingclub.co.uk](mailto:welfare@rugbyswimmingclub.co.uk)