



# SALISBURY STINGRAYS ASC SQUAD HANDBOOK



Wiltshire  
Swimming



[www.salisburystingrays.co.uk](http://www.salisburystingrays.co.uk)

[www.salisburystingrays.co.uk](http://www.salisburystingrays.co.uk)

## Contents

	Page
Welcome	2
Coaching Team	3
Our Code of Conduct	3
Long Term Athlete Development	4
Overview of Squads	5
Training Guidelines	7
Competition Information	8
Kit Lists	13
Contact Us	14
Useful Links	14

## Useful Links

[www.britishswimming.org](http://www.britishswimming.org)

[www.swimwest.org](http://www.swimwest.org)

[www.wiltshireswimming.org](http://www.wiltshireswimming.org)

## Contact Us

Club room: Five Rivers Leisure Centre  
Hulse Road  
Salisbury Wiltshire SP1 3NR

Telephone: 07765 795125

Website: [www.salisburystingrays.co.uk](http://www.salisburystingrays.co.uk)

Email: [info@salisburystingrays.co.uk](mailto:info@salisburystingrays.co.uk)

General Enquiries: [info@salisburystingrays.co.uk](mailto:info@salisburystingrays.co.uk)  
Club Phone No: 07765 795125

## Kit Lists

### Training Kit list

Kickboard  
Pull buoy  
Band for pull (e.g. inner tube)  
Fins - Zoomers  
Hand Paddles

Swimming Cap  
Goggles  
Towel  
Water Bottle  
Snorkel



All of the above should be named with a permanent marker pen and preferable contained in a Wet Bag.

For all of the kit listed above (and more) visit the following websites:

[www.swimshop.co.uk](http://www.swimshop.co.uk)  
[www.mailports.co.uk](http://www.mailports.co.uk)

[www.allensswimwear.co.uk](http://www.allensswimwear.co.uk)  
[www.swimtec-uk.com](http://www.swimtec-uk.com)

Or try the local sports shop, John Eadies, who will give you a discount .

### Competition Kit List

All competitors representing the Club are expected to wear Club kit. This would include the following, all named and contained in a sports bag:

- Teabag t-shirt/Club t-shirt
- Shorts/tracksuit bottoms – preferably black
- Pool footwear – preferably flip flops
- Water bottle – with a drink you have in training
- Healthy snacks
- Club racing swimming cap x 2
- Competition goggles x 2
- Warm up swimming costume
- Racing swimming costume
- Towel



For Club Kit (T-Shirt, Teabag T-Shirt, Hoodies, Racing Hat) please speak with the Head Coach as orders are regularly placed.

## Welcome

Welcome to the Salisbury Stingrays ASC Squad Handbook. It contains information specifically for members of Squad.

For more general information regarding the club, please see the club handbook.

### Keeping in Touch

It is important for all swimmers to keep themselves up to date on all notices.

We use the following forms of communication to keep in touch:

- Email
- Notice Board at the back of the Five Rivers Leisure Centre
- Spectator Area
- Newsletter
- Website [www.salisburystingrays.co.uk](http://www.salisburystingrays.co.uk)
- Swimmer, parent and coach meetings.

Please ensure you check your emails, the website and the notice board regularly to keep up to date. You may also contact the coaching staff or committee via the details below:

General Enquiries: [info@salisburystingrays.co.uk](mailto:info@salisburystingrays.co.uk)  
Parent Representative: Liz Baker  
Squad Administration: Bev Davis

Club Phone No: 07765 795125

## Coaching Team

The coaching team is led by Head Coach - Eric Henderson with all but the Head Coach being volunteers, several of whom are parents of squad swimmers.

## Our Code of Conduct

All Club members are expected to comply with the full Code of Conduct as set out on the website while taking part in any Club activities.

Above all, it is expected that all members of Salisbury Stingrays ASC, coaches, volunteers, poolside officials and parents alike, when attending any training session, event or competition will:

- Behave without discrimination on the grounds of age, gender, race, religion, sexual identity, or disability
- Respect the basic human rights, worth and dignity of each member
- Treat other competitors and teams with respect in victory and defeat
- Comply with the codes, rules and laws within the guidelines set out by the ASA
- Observe the authority and decisions of all officials
- Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool.

Note that bullying will not be tolerated in any form.

All swimmers are expected to comply with the Club's Code of Conduct both during training and competitions. The full code may be downloaded from the Club's website.

British Age Group Category County Awards (BAGCATS) 25 m pool				
	Boys		Girls	
9 years	Sprint	- best 50m	Sprint	- best 50m
	Form	- best 200m form stroke	Form	- best 200m form stroke
	Distance	- 200 free	Distance	- 200 free
	IM	- best 100 / 200 IM	IM	- best 100 / 200 IM
10 years	Sprint	- best 50m	Sprint	- best 50m
	Form	- best 200m form stroke	Form	- best 200m form stroke
	Distance	- best 200 / 400 free	Distance	- best 200 / 400 free
	IM	- best 100 / 200 / 400 IM	IM	- best 100 / 200 / 400 IM
11 years	Sprint	- best 50m	Sprint	- best 50m
	Form	- best 200 m form stroke	100s	- best 100m
	Distance	- best 200 / 400 free	Form	- best 200 m form stroke
	IM	- best 100 / 200 / 400 IM	Distance	- best 200 / 400 / 800 / 1500 free
12 years	IM	- best 100 / 200 / 400 IM	IM	- best 100 / 200 / 400 IM
	Sprint	- best 50m	Sprint	- best 50m
	100s	- best 100m	100s	- best 100m
	Form	- best 200m form stroke	Form	- best 200m form stroke
	Distance	- best 200 / 400 / 800 / 1500 free	Distance	- best 200 / 400 / 800 / 1500 free
13 years	IM	- best 100 / 200 / 400 IM	IM	- best 100 / 200 / 400 IM
	Sprint	- best 50m	Sprint	- best 50m
	100s	- best 100m	100s	- best 100m
	Form	- best 200m form stroke	Form	- best 200m form stroke
	Distance	- best 200 / 400 / 800 / 1500 free	Distance	- best 200 / 400 / 800 / 1500 free
14 years	IM	- best 100 / 200 / 400 IM	IM	- best 100 / 200 / 400 IM
	Sprint	- best 50m	Note: Girls 14 years and over and boys 15 years and over will start to specialise in individual events which will have individual awards.	
	100s	- best 100m		
	Form	- best 200m form stroke		
	Distance	- best 200 / 400 / 800 / 1500 free		

## BAGCATS

In order to support the multi-event approach to age group competition for the younger competitors, it was necessary to introduce a point scoring system into British Swimming. These points are used to identify talented swimmers for the first level of the World Class Programmes and to track their progress.

British Age Group Categories (“BAGCATS”) applies to Boys aged 9 - 14 yrs (Counties), 10 - 14 yrs (Regional & Nationals) and Girls aged 9 - 13 yrs (Counties), 10 - 13 yrs (Regional & Nationals).

It was brought in about five years ago to encourage younger swimmers to become proficient in a range of strokes and distances.

It is an accumulative points system which culminates with the overall placing and ranking at the end of a Championship. Awards and certificates are usually presented to the top 6 swimmers in each age and sex category, dependant on the competition. The faster you swim, the more points you earn.

There are sliding scales, dependant on your age and sex. Ideally, you need to compete in at least one event in each Category (see website for details, to be in with a chance of gaining good points. There are normally 4 - 5 Categories that each swimmer must complete in. If you swim in more than one event in a Category, then your best points score is counted.

The following table sets out the details of which events will accumulate points for each age and sex category.



## Long-term Athlete Development

Long-term Athlete Development (LTAD) is about achieving the correct training, competition and recovery throughout a young athlete’s career, particularly in relation to the important growth and development years of young people. It provides a framework within which all sports should plan their training and competition programmes.

Swimming has recognised this framework since undertaking a review of age group swimming at the end of the 1990’s.

Age Group swimming is about providing the appropriate opportunities for young people with particular reference to their growth and development. All human beings go through the same developmental stages from childhood to adulthood, though these stages can be different at times and each stage can vary in length. There is also a gender difference in that girls tend to develop earlier than boys.

One of the central messages from the LTAD swimming framework is that competition should be regarded as an integral part of a swimmer’s training programme. Age Group and Youth swimming provide opportunities for young people to develop their potential in preparation for senior swimming. Towards this goal, consideration should be given to the physiological, psychological and emotional development of the young swimmer.

There are five stages which can be used to describe growth and development. These equate to the five stages of the LTAD framework for swimming:

1. FUNdamentals—Childhood
2. SwimSkills—Late Childhood
3. Training to Train—Adolescence
4. Training to Compete—Early Adulthood
5. Training to Win—Adulthood.

Studies have shown that swimmers who do not specialise early may have a slower initial increase in performance; however, they ultimately reach a higher level of achievement and are more likely to have a longer life in the sport. This is in contrast to early specialisation, which may produce an initial rapid increase in performance, but a lower level of achievement and early retirement.

## Overview of Squads

Squad selection is determined by the Head Coach taking into consideration the views of the other coaches, attendance, performance and attitude and discipline within the swimming environment.

As a swimmer progresses through the Club, training intensity and volume increase, as does the commitment from the swimmer, requiring support from the swimmer's family.

## Expectations and Achievements

Each squad has a minimum attendance and achievement requirement. All swimmers may commit to attend more training if they wish.

The achievements are linked to qualifying times at County and Regional level. For details of these qualifying times, please see the Club notice board or visit the relevant websites.

In addition to training and competing, there are opportunities for swimmers to assist at meets and/or train to be coaches.

## Log Book

Once you enter the squads you may be required to maintain a log book containing various sections including a training log and a competition diary in addition to medical information and goal setting. A copy of this can be found on the website.

## Squad Structure

### *Pre-Development Squad*

- Attendance at a 6 week trial of one hour per week on Sunday evening
- Demonstrate ability to respond to training.
- Achieving at least Bronze standard in all four strokes, according to the ASA School Speed Awards.



## Team Events

- The National Arena Swimming League with 3 galas on the second Saturday of October, November and December
- The Moonraker Winter League within Wiltshire with 4 galas from November to March
- The Moonraker Summer League within Wiltshire with 4 galas from May to September
- Transport is usually organised by the Club to and from Five Rivers.
- Swimmers are selected by the Head Coach and posted in advance on the Club Notice Board

## Qualifying Times and Upper Limit Times

These are times set by meet organisers for each event in the programme in order to control the number of entries in a meet. A Qualifying Time is the time that a swimmer must have already achieved in order to enter the competition.

Some meets will also have an Upper Limit Time ("ULT") or cut-off time for each event, which means that swimmers who have previously achieved times faster than the ULT are not eligible for this event.

The requirement of having achieved a Qualifying Time in order to enter for an event relies significantly on the integrity of coaches, swimmers and parents to submit correct, truthful information.

All times from County, Regional and National competitions together with those from Licensed Open Meets are included in a national database from which ranking lists are produced. These can be viewed on the British Swimming website. In addition all times are kept in the Personal Best spreadsheet and are posted on the Club Notice board and on the website.

## Acceptance Criteria for Entries

A clear statement must be included in the meet information regarding the acceptance criteria for entries. Even with qualifying and upper limit times, some meets will be over-subscribed i.e. there would be too many swimmers for the pool time available. All meets should, therefore, inform entrants what criteria will be used to control the number of swimmers accepted. Any swimmers cut from races are notified in advance of the competition.

### ***County Championships***

- Held in February and March
- Entry is by achieving qualifying times as published each year
- The Youth events include heats and, where time allows, finals.
- Swum in 25m pools with some distance events in 50 m pools
- These include all strokes over most distances
- Age group events determined by heat declared winners (no finals).



### ***Regional Senior, Youth and Age Group Championships***

- Generally all swum in 50m pools
- Entry is by achieving qualifying times as published each year
- The Youth Championships take place at the beginning of May for 14+ girls and 15+ boys
- The Age Group Championships take place in June for 10-13 girls and 10-14 boys.

### ***National Age Group, Youth Championships***

- The National Age Group Championships are for girls 11-13 years and boys 11-14 years
- The National Youth Championships are for girls 14-17 years and boys 15-18 years
- Both are usually held at the end of July/beginning of August.

### ***British National Championships***

- These act as trials for the major international events:
  - Olympic Games
  - World Championships
  - European Championships, and
  - Commonwealth Games.
- Also, they act as trials for the major international youth and junior events at which British teams compete:
  - European Junior Championships and
  - European Youth Olympic Days.



### ***Skill Development Squad***

- Attendance to at least 2 sessions in a week, however you may commit to more, if not all sessions, this will ensure a full training programme and a more well-rounded athlete.
- Compete in at least 3 competitions per year including Club Championships.
- Good attitude and discipline within the swimming environment.

### ***T1 Squad***

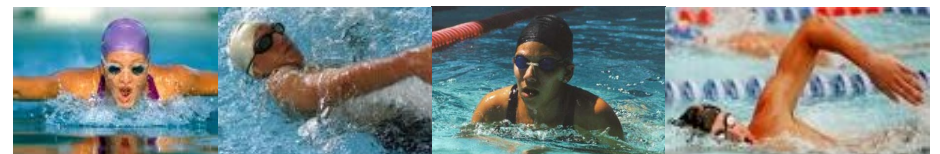
- All expectations and achievements of Skill Development Squad
- Attendance to at least three of five two hour sessions in a week, however you may commit to more, if not all sessions
- Achieving 10% of the County qualifying times.
- Good attitude and discipline within the swimming environment.

### ***T2 Squad***

- All expectations and achievements of T1 Squad
- Attendance to at least 5 sessions in a week, however you may commit to more, if not all sessions, this will ensure a full training programme and a more well-rounded athlete.
- County qualifying times in at least 4 events over at least 2 strokes, aiming for Regional qualifying times in the coming season.
- High performance in testing sessions i.e. kick test, timed distance swim, stroke efficiency, starts and turns.
- Good attitude and discipline within the swimming environment.

### ***Senior Performance***

**[I am not sure what the requirements are here](#)**



# Training Guidelines

## Meetings

There are swimmer, parent and coach meetings held once per term. Typically the squad is split into two for these meetings. These meetings are to allow all involved to be kept up to date with developments.

For any matters that arise in the meantime there is a nominated parent representative on the committee. Any queries, comments or concerns can be passed to the swimmer's coach or the committee. A full list of the members on the committee can be found in the Club room at Five Rivers.

## Nutrition Guide

Nutrition is very important for all athletes especially swimmers, due to volume of exercise they participate in weekly. Nutrition guidance can change throughout the season and can vary dependant upon competition. The correct nutrition within a balanced diet can help a swimmer within training and competition.

“A good diet cannot make an average athlete great, but a poor diet can make a great athlete average.”

A separate nutrition document including guidance and facts for swimmers and parents can be found on the website via the squad pages. All swimmers are expected to take time to read this document.

## External Training Courses

Throughout the country there are opportunities for swimmers to be selected for training camps at different levels. Programmes based on County Sports Partnerships (collections of local authorities) will provide training camp opportunities for some County level swimmers. In addition, there are training camps at the asa Regional level linked to the World Class Programme.

The asa competition and training camp opportunities are designed to provide a pathway for ALL swimmers to access the level that is appropriate to them. The long-term development of a swimmer provides success along the way at different levels and in many different aspects.

For information on the courses available and suitability, please contact the Head Coach.

# Competition Information

*“Every swimmer must have the opportunity to swim in appropriate quality competition to enable them to achieve their true potential.”*  
*the asa Mission Statement*

It is important for meet organisers, club officials, coaches and parents to appreciate that all swimmers who compete at county level will reach Regional or National levels. In order for swimmers to compete in “appropriate competition”, it is important that there are provisions for all swimmers in a planned and accessible programme of open competition.

Squad members may compete in several events throughout the year with most events taking place on weekends. These are summarised below. For more information, please see the website.

## Individual Events

### Open Meets

- Run by different clubs over the swimming season
- Open Meets are licensed according to the purpose of their competition as Level 1, 2, 3 or 4, with Level 1 being the fastest.
- All results are recorded on the ASA National Ranking database.
- National qualifying times will be accepted from meets licensed at Levels 1 and 2.
- Regional qualifying times will be accepted from meets licensed at Level 1, 2 and 3.
- Competition details are posted on the Club Notice Board and emailed to all swimmers.

### Club Championships

- Salisbury Stingrays Club Championships are a licensed Level 4 competition with all times appearing on the ASA National ranking database.
- Held over several weeks in the month of November and all squad members are required to enter.
- The overall positions within the four age groups, 11 yrs/under, 13 yrs/under, 15 yrs/under and Open are determined by the BAGCAT points system.
- These awards plus the Most Improved, Endeavour and Swimmer of the Year are handed out at the annual presentation evening, which takes place after the Championships with all sections of the Club.

