

HACKNEY **ANACONDA**

Club Handbook

2025/26 Season



About Our Club

Hackney Anaconda is a competitive swimming club based in the inner north east of London aiming to provide a fun, inclusive and competitive environment for swimmers of all ages and abilities.

The club offers a wide range of opportunities, for those who want to swim for fitness as part of a community right up to swimmers competing at various National Championships including the Olympic and World trials.

We offer swimming for all ages, from a learn to swim programme for children aged 4+ (Anaconda Swim School) up to a comprehensive masters programme for adults of all ages (Hackney Masters). Our masters programme has a wide range of abilities from social swimmers to National level athletes.

The two legacy clubs of Hackney Aquatics and Anaconda have merged into a single club, and the 2025/26 season will be the first full season as one club. Our younger squads (Academy and County class) will be kept at a local location to save swimmers / parents on travel, and as they progress through the club the local squads combine and they will travel further. Throughout this handbook you will see reference to the colours 'Red' (legacy Anaconda) and 'Black' (legacy Hackney). These are temporary names being used to make clear the difference between squads of the same level based at different pools until we come to a more permanent solution.

The club offers three pathways:

- Performance
- Competitive
- Swim for Life

Performance pathway is for highly committed swimmers looking to reach their full potential in the sport and striving for National qualification and beyond. This pathway requires swimmers to meet attendance and performance criteria set out by the coaching team, and provides opportunities for some swimmers to take part in additional networks including the London Roar Academy (**LRA**) and East London LAC Network (**ELLN**).

The LRA is a joint network between Hackney Anaconda, Greenwich Royals and Chelsea and Westminster. The network is headed up by 4-time GB Olympic

Coach, Lisa Bates, and is for British National qualifiers and high performing English National swimmers from the four clubs.

There is also a Junior LRA for the best younger swimmers (aged 14 and below) to experience a similar opportunity at an earlier point in their development.

The ELLN is network of the local East London Borough Clubs including Borough of Redbridge, Greenwich Royals, Hackney Anaconda, Newham UEL and Romford Town giving selected swimmers in the 11-14 age range the opportunity to train in the LAC long course pool with swimmers selected from the other clubs.

By the end of the 2026/27 season all swimmers who wish to move to either the Performance or Performance Plus squads must have raced every event on the programme at some point during their swimming journey.

Competitive pathway is for experienced swimmers who train and compete regularly. This pathway is focussed on helping swimmers achieve their performance goals including County and Regional times. Swimmers in the Competitive pathway need to be committed to competition and working towards achieving their performance goals. These swimmers can include those who meet the performance standards of the Performance pathway but do not meet the minimum attendance requirements for the Performance pathway (including by choice due to participation in other activities) or they may be swimmers who are fully committed to the attendance requirements and working towards meeting the Performance pathway criteria.

Swim for Life pathway is for swimmers focussed on fitness and training in a swimming community, with competitive opportunities also available for those interested. Training is focussed on helping swimmers improve their technique, skills and overall fitness in a fun environment.

As part of a commitment to Swimming for Life, we run a Young Volunteer programme to help swimmers develop skills outside of the water. Similarly, we give opportunities for swimmers to qualify as swim teachers and then teach with the learn to swim programme or train as lifeguards.

Many coaches and teachers at the club have taken these routes to rewarding employment and the opportunity to inspire the next generation.

We do our best to reduce barriers for participation in swimming and, thanks to contributions from generous supporters, including Hackney Council, we run an

access fund. Concessions are available towards the cost of the monthly squad subscription fees, competition costs and club camps.



Squad Structure

Squads are grouped according to the three squad Classes which are based around a swimmer's age and development. Each squad has a Lead Coach and a 'Class Lead' who oversees all the squads in the same age group and makes any movements between the squads more seamless.

Squad	Lead Coach	Class Lead
Performance Plus	David Broadbent	David Broadbent
Performance	Sean Curley	
Regional Plus	Madison Taylor/ Sydney Celul	Dhaval Gajre
Regional Age	Alex Robbetze/ Dhaval Gajre	
Regional Development	Imogen Garrett	
County Black	David Broadbent	David Broadbent
County Age Red	Michele Davies	
County Development Red	TBC	
Academy Step 2 Black	Avian Duncan	Joe Grubb
Academy Step 1 Black	Jane Cina	
Academy Red	Joe Grubb	
Fitness Advanced	David Peinturier	N/A
Fitness Development	David Peinturier	N/A
Club Swim	TBC	N/A
City Squad	TBC	N/A
Para	Jane Cina	N/A
Learn to Swim	Harry Grubb	N/A
Masters	Can Bozkurt	N/A

A diagram of the squad structure is in the Annex to this Handbook.

Squad Criteria

This section of the Handbook sets out the criteria for entering each squad covering areas such as age, stage of swimming development, times, culture, attendance and swimmers' own objectives for their swimming. The overall intention is to group similar swimmers together to best facilitate the achievement of swimmers' goals – be they centred on competition, development, fitness or enjoyment. Also included are “exit criteria” indicating typical progression or movement between squads. But goals change as much as growth and development happens, and so the club expects fluidity between squads/pathways in other different directions too. Squad allocations and movement of swimmers between squads are decisions made by club coaches and within their discretion.

Learn to Swim

Anaconda Swim School

This level is available with Anaconda Swim School and is for swimmers age 4+.

There is also a Carers and Babies offering at Anaconda Swim School giving Babies a head start on their swimming journey by learning water confidence and basic swimming / fundamental movement skills.

The aim of learn to swim is to provide swimmers with the necessary basic skills to progress through the squads, as well as teaching them the key life skill of being able to swim. A lot of time will be spent on improving the swimmer's bodyline, kicking and fundamental skills (streamlining, jumping, diving, push and glide, water confidence etc).

By focussing on these fundamental skills as well as the basic techniques of all four strokes, the swimmers will be provided with the best platform to move through the squads after they progress to Academy.

Exit criteria (into Academy):

- 100m Freestyle continuously with bilateral breathing and good technique
- 100m of Backstroke with strong body position and kick
- 50m of legal Breaststroke, and touching with 2-hands on turn and finish
- 25m of legal Butterfly
- Push and glide on both front and back to 5m
- Correct streamline position with some Butterfly kicks underwater
- Ability to complete a dive from the side or the blocks

- Ability to complete a legal Backstroke start
- Ability to complete a forward roll (preferably including a push off the wall to imitate a tumble turn)
- Ability to stroke count from the flags to the wall on Backstroke so that swimmers can finish on their backs
- Ability to handle swimming sessions of up to 1-hour

All final movement decisions will be at the discretion of the Swim School Manager (Harry Grubb).

Academy

These sessions are aimed at 7–9-year olds and will introduce swimmers to early competitions and/or time trials as they prepare to move into our main squad programme.

Swimmers spend a lot of time on racing skills (dives, turns, push and glide) to prepare for future competitions.

Swimmers will be introduced to some basic aerobic and speed work, but the vast majority of swimming done at this stage will be technique and skills based. Improving technique at a young age is vital when it comes to the swimmer's future performance potential and will remain the “number one” focus in this squad.

Exit criteria (into County Development):

- Lead Coach and Class Lead recommendation
- 100m of legal Freestyle
- 100m of legal Backstroke
- 100m of legal Breaststroke
- 50m of legal Butterfly
- Legal competitive race starts on all 4 strokes (including underwater phase)
- Attending a minimum of 2-sessions per week with a commitment to increase to 3-sessions in County Development
- Strong kick on all 4 strokes
- Ability to handle a 90-minute training session



County Development

This is the first step of the pathway where a performance expectation will be needed for the swimmer to progress into the Performance pathway (starting with County Age).

This squad is aimed at swimmers aged 8-10 and will build on the technique and skills learnt in the Academy, whilst increasing the training volume and frequency.

Swimmers should already have efficient techniques and coaches will work on improving these further with more advanced drills and challenging them to maintain their technique over gradually longer distances.

Technique and skills remain the squad's "number one" priority, however swimmers will be expected to compete in more regular competitions and begin to build their aerobic base by swimming at low intensities with high skill.

Exit criteria (into County Age):

- Lead Coach and Class Lead recommendation.
- Attending a minimum of 3 sessions per week, with the commitment to increase to 4-sessions in County Age
- Legal 200m in Freestyle, Backstroke, Breaststroke and IM
- Legal 100m Butterfly
- Legal competitive race turns in all 4 strokes and an understanding of crossover turns
- Ability to complete consistent streamlines and underwater kicks throughout training sessions
- Ability to handle sessions up to 2-hours long
- Ability to use a pace clock in training and not fully rely on a coach to set them off
- Ability to complete a basic aerobic set with good skills and technique (e.g. 5x100 @2)
- Meeting at least 6 of the 10 time standards below

Exit time standards:

Swimmers should achieve at least 6 of the following 10 time standards, including:

- 2x100m times
- 1x200m time

Event	Time
50 Free	39.99
100 Free	1:29.99
200 Free	3:29.99
50 Back	45.99
100 Back	1:42.99
50 Breast	51.99
100 Breast	1:54.99
50 Fly	47.99
100 Fly	1:49.99
200 IM	3:49.99



Time standards above are a guideline and swimmers may be accepted into County Age without achieving these (at the coaches' discretion) if other key performance targets are met, such as: attendance, technique and commitment to competition.

Swimmers not meeting the exit criteria will normally progress to Regional Development.

County Age

This squad is aimed at swimmers aged 9-12 who are aiming to achieve County qualifying times in a range of different strokes and events.

Swimmers will start to put more focus on developing their aerobic base with low intensity training over gradually longer distances. Maintaining a high level of skill and technique during aerobic work will be the major focus of this squad.

Swimmers will also spend time further refining their racing skills and completing more advanced drills to improve technique on all 4 strokes.

The squad follows an IM based training programme, meaning an equal amount of time will be spent on all 4 strokes and swimmers will be expected to compete in IM events.

There will also be a large kick focus in this group in order to build aerobic fitness without technique breakdown. Swimmers should aim to be able to complete 100m kick with a board in under 2 minutes.

Exit criteria:

From this squad, swimmers will progress to one of three squads:

- 1) Regional Plus – Performance pathway for swimmers achieving Regional qualifying times
- 2) Regional Age – Performance pathway for swimmers achieving County qualifying times and aiming for Regional qualifying times
- 3) Regional Development – Competitive pathway for swimmers aiming to achieve County qualifying times.

Additional criteria for progression to Regional Plus include:

- Lead Coach and Class Lead recommendation
- Attending a minimum of 4 sessions per week
- Ability to handle a 2-hour session including 40 minutes' aerobic work
- Completing pre-pool routines before sessions
- Ability to complete an effective 200 IM, with a willingness to progress to 400 IMs

Regional Development

This squad is the first in the Competitive pathway and is targeted at swimmers aged 12-18 who are looking to achieve County qualifying times and improve their race skills.

Training in Regional Development will be similar to the training in Regional Age / Plus and will be focussed on developing the swimmers' overall conditioning with a large portion of training dedicated to building aerobic capacity and basic speed.

The squad will be monitored by our Class Lead (Dhaval), which will ensure there is always the possibility for swimmers to move into the Performance pathway at any point during the season.

The squad is ideal for strong competitive swimmers to continue their competitive development whilst not requiring the same time commitment as the performance squads. This gives swimmers greater flexibility to manage

their training schedule around other activities whilst still improving their competitive swimming ability.

If swimmers wish to move into the Performance pathway, they will need to meet the following criteria.

Exit Criteria (into Regional Age):

- Lead Coach and Class Lead recommendation
- Attending a minimum of 4 sessions per week
- Achieved County times in a minimum of 2 different strokes (100m and above)
- Ability to complete a basic aerobic session of 10x100m @1:45
- Completing pre-pool routines before sessions
- Entering regular competitions as set out by the Lead Coach

Regional Age

Regional Age is part of the club's Performance pathway and is aimed at swimmers aged 12-16 who have achieved multiple County qualifying times and are looking to achieve Regional qualification.

Training in Regional Age will be similar to the training in Regional Plus / Development and will be focussed on developing the swimmers' overall conditioning with a large portion of training dedicated to building aerobic capacity.

The squad will be monitored by our Class Lead (Dhaval), which will ensure there is always the possibility for swimmers to move into Regional Plus at any point during the season.

This squad is ideal for talented and dedicated swimmers who wish to reach their full potential in the sport by committing to a minimum of 4 sessions per week and entering competitions at the Lead Coach's request.

Swimmers will be expected to compete in a wide range of events, with a particular focus on distance and middle distance events. Competing in these distance events and completing the training required for them gives the swimmer the best foundation to specialise at a later age.

If swimmers wish to move to Regional Plus, they must meet the following criteria.

Exit criteria (into Regional Plus):

- Lead Coach and Class Lead recommendation
- Attending a minimum of 5 sessions per week
- Achieved at least one Regional consideration time in an event 100m or above
- Attending competitions as set out by the Lead Coach
- Completed a legal 400 IM in competition
- Consistent and intense training



Regional Plus

Regional Plus is part of the club's Performance pathway and is aimed at swimmers aged 10-14 who are fully committed to their swimming and are looking to progress to qualify for British or English Nationals by the time they are in the 14's age group.

Entry standards and expectations for Regional Plus swimmers are slightly different depending on a swimmer's age (age as of 31/12/2026):

11/12 Years - Achieved County qualification in multiple events 100m+. The aim for swimmers in this age group is to push towards qualifying for the Regional Championships.

13 Years - Achieved County qualification in multiple events 100m+. Swimmers in this age group must achieve Regional Qualification in the current season.

14 Years - Achieved Regional qualification in events 100m+. Swimmers in this age group are aiming for Regional Finals and qualification to the British or English Summer Nationals.

Training in Regional Plus will be similar to the training in Regional Age / Development and will be focussed on developing the swimmers' overall

conditioning with a large portion of training dedicated to building aerobic capacity.

The squad will be monitored by our Class Lead (Dhaval), who will ensure continuity across the three Regional squads and that swimmers are in the correct squad for their physical and emotional development.

Swimmers in this squad will be expected to commit to all training and competition requirements laid out by the Lead Coach. Swimmers must demonstrate that they can complete consistent and intense training, but also show a level of maturity and attention to detail that is required to reach their full potential.

A large focus in this squad will be placed on swimmers competing in distance and middle distance events as these events and the training required for them sets the best platform for long term development.

Swimmers in this squad will be exposed to higher level competitions (Millfield, Welsh Nationals, Irish Nationals etc) in order to give them the opportunity to race against some of the fastest swimmers in the country on a more consistent basis. This exposure to higher level competition will prepare them for National competitions in the future, as well as providing motivation.

Swimmers must learn to balance their studies and training during exam periods, so that they are better prepared to maintain a high level of training during GCSE and A-Levels once they get to Performance / Performance Plus. Coaches can help swimmers / parents design an exam timetable that prioritises their education whilst also ensuring that training does not suffer as a consequence.

Swimmers must complete pre-pool routines before each session and develop their understanding of race day routines.

In order to progress to Performance Plus, swimmers must meet the following criteria.

Exit Criteria (into Performance Plus):

- Lead Coach and Director of Swimming's recommendation
- Attending a minimum of 5 sessions per week, with a commitment to increase to 6 sessions per week.
- Qualification for the English and/or British Summer Nationals (providing minimum attendance criteria are met). Some discretion will be given to

swimmers who were close to qualification for Summer Nationals based on other performance criteria (top 10 finish at Regionals, progression over the last 12-months, technical foundation, age etc)

- Competed in at least 1 Regional Final, or a top 8 finish at Regionals in events 400m+
- By the end of the 2026/27 season all swimmers who wish to move to either the Performance or Performance Plus squads must have raced every event on the programme at some point during their swimming journey
- Consistent and intense training
- Paying attention to technique and skills during every session, demonstrating an ability to hold streamline and underwater kicks during training
- Completing pre-pool routines before all training and competitions
- Ability to handle a basic aerobic session of 24x100 @1:35, as well as the potential to handle training sessions up to 6000m



Performance

Performance squad is aimed at performance pathway swimmers aged 15+ (as of December 31st 2026) who are either Regional qualifiers aiming for finals or swimmers aiming for Regional qualification, with the long term goal of qualification for Summer Nationals.

Training in this squad becomes more individualised towards a swimmer's specialist stroke and event, however the programme will still have a focus on developing a swimmer's general aerobic capacity.

The squad will be continually monitored by the Class Lead (David Broadbent) who will ensure continuity between the Performance and Performance Plus

squads, and provide opportunity for movement between the two squads based on performance at competitions and attendance.

There will be joint sessions between Performance and Performance Plus to give the swimmers the opportunity to push themselves against those in Performance Plus, and also Long course training at the London Aquatics Centre.

Swimmers will be expected to enter all competitions laid out by the Lead Coach and be able to commit to a minimum of 5 sessions each week with consistent and intense training. Whilst 5 sessions is the minimum required, those swimmers looking to achieve their full potential and/or move to Performance Plus will need to swim 6 sessions per week.

Exit criteria (to Performance Plus):

- Lead Coach and Director of Swimming's recommendation
- Attending a minimum of 6 sessions per week, or at the very least 5-sessions with a commitment to increase this to 6 when moving to Performance Plus
- Close to and pushing for qualification to English Summer Nationals
- Completing pre-pool routines before every session and competition
- Paying attention to technique and skills during every session, demonstrating an ability to hold streamline and underwater kicks during training
- Ability to handle a basic aerobic session of 24x100 @1:35, as well as the potential to handle training sessions up to 6000m

Performance Plus

Performance Plus is for swimmers aged 14+ competing at either the British or English summer nationals either as an individual or contributing via a relay by the end of the 2025/26 season. Some discretion may be applied to swimmers who do not meet this standard, but have met all other requirements set out by the Director of Swimming.

Swimmers will need a high commitment to training, with a minimum of 6 sessions per week (unless agreed otherwise). Swimmers must also demonstrate the ability to balance their schoolwork and training in order to maintain their swimming to a reasonable standard during busy exam periods. Every swimmer must attend a minimum of one weekday morning session each

week (Monday, Tuesday or Thursday) unless agreed otherwise by the coach (for example if they are completing morning sessions at their school).

The training in this squad will be highly individualised and focussed on swimmers achieving their best performances at the major meets. Training will also have an overriding theme of improving a swimmer's training capacity so that they can handle gradually increasing volume and intensity.

Whilst 6 sessions is the minimum requirement, those swimmers looking to reach their true potential in the sport and push for British Finals, medals or International selection should look to do 8-sessions per week (plus Gym) when they reach the 16-years age group.

Expectations for a Performance Plus swimmer include:

- Attending a minimum of 6 sessions per week (unless agreed otherwise)
- Qualifying and competing at British or English Summer Nationals as an individual or contributing as part of a relay
- Completing pre-pool routines before every session
- Demonstrating 100% commitment to the sport and work towards reaching their full potential
- Developing good 'Arena skills' which include: preparation for races, handling nerves, following race processes and controlling both positive and negative emotions
- High focus and discipline during all sessions, setting a good example for other swimmers progressing through the programme
- Ability to handle increasingly intense training sessions of up to 6500m

Para

Our Para squad is focussed on improving a swimmer's technique and helping the swimmer with any adaptations they need to make due to their disability.

We aim to move all Para swimmers who wish to be competitive into one of the other squads, this will allow us to use the Para sessions to work with them specifically on the technical and skills elements of the sport. It will also ensure that our Para athletes feel included in the wider club and become part of the wider swimming community.

We aim to cater for swimmers of all disabilities, but swimmers must be able to swim a minimum of 50m continuously and be comfortable in deep water.

We also have a relationship with London Disability Swimming Club which can provide further opportunities for our Para swimmers.



Fitness / Club Swim

Fitness is on our Swim for Life pathway and provides swimmers with a place to train and improve their general fitness and wellbeing in an enjoyable club environment.

There are 3 different Fitness squads:

Fitness Red - Based at Cally and Beacon pools

Fitness Development - Based at Clissold Leisure Centre

Fitness Advanced - Based at Clissold Leisure Centre

Qualified coaches will work with the swimmers on improving their technique, skills, and general fitness.

There will still be opportunities for swimmers to compete if they would like to, but there will be no expectation put on the swimmers to do so.

Swimmers have the freedom to attend sessions when they wish, and there is no minimum attendance expectation in this squad.

City Squad

This is a squad currently being developed in the City of London School for Girls and City of London School pools. It currently caters for swimmers in the age range of 10-14 spanning the Academy and Fitness ranges.

The intent is to develop this squad further through 2025/26 to provide more pool time, swimmer opportunities and opportunities for swimmers to become engaged in the broader Hackney Anaconda programme

Masters

Hackney Masters

Our Masters squad is for strong swimmers aged 18+ and is at the top of our Swim for Life pathway.

The Masters squad caters for a wide range of abilities and fitness goals, from swimmers competing in open water swims abroad to those still competing at National level.

The squad isn't only about competing, with a large portion of the squad swimming for social and general fitness reasons.

Qualified coaches help all masters swimmers reach their own individual goals either in competition, or with general health and fitness.



Competitions

Swimmers in the Performance and Competitive pathways are expected to enter all competitions as set out by their Lead Coach. Furthermore, events within competition will be selected by the Lead Coaches for all swimmers in the Regional or Performance Classes. For those swimmers in the County Class, there will be 'mandatory events' at each competition (set by the Director of Swimming) that all swimmers must enter. Other events at these meets can be selected by the swimmer / parent themselves or the relevant Lead Coach.

In order to progress into the Performance class (Performance Plus / Performance), swimmers must have completed every event on the swimming programme. This includes 800 Free, 1500 Free, 400 IM and 200 Fly. No exceptions will be made for this from the end of the 2026/27 season onwards, and opportunities will be given for all swimmers to enter these events. Event specialisation will take place from the Performance / Performance Plus squads, where training will be tailored towards a swimmer's speciality rather than general conditioning.

Withdrawals from events or competitions must be handled by the Lead Coaches and will only be accepted in exceptional circumstances. If a swimmer wishes to withdraw from an event due to injury or illness then they will be withdrawn from the whole competition. Exceptions may be made for swimmers with an injury that only affects certain strokes, however this will only be the case if coaches are satisfied that the injury will not be made worse through competition.

Swimmers should still train both the night before a competition (for race preparation) and the night after a competition (for recovery) unless told not to do so by their coach. Swimmers do not need to 'self-rest' for competitions as these will be planned in by the coaches. Training the night before a competition will enhance performance rather than make it worse.

Team competitions (such as Arena League and Junior Arena League) must always take priority over other individual competitions, and swimmers in the Performance / Competitive Pathways are asked to keep these dates free in case of selection. The Arena League dates for 2025 are:

Saturday 11th October

Saturday 8th November

Saturday 6th December

Teams will always be selected based on speed, and we will select what we believe to be our strongest team. This may result in swimmers attending league galas for one or two races, and we expect all those selected to compete to the best of their ability.

The priority for team competitions is also in place for relay teams at the Regional Championships which have a realistic chance of qualifying for the British National Championships.

Target meets should be a priority for all swimmers in the Performance and Competitive pathway squads, with all swimmers expected to compete at these meets. These target meets are the competitions that swimmers are building up to and preparing for to be at their best. Not attending target meets could affect a swimmer's progression through the squads. Again, discretion will be given in exceptional circumstances. There will be two target meets per season for swimmers in the County and Regional Classes, and three target meets for those in the Performance Class. The dates for these competitions have been outlined below.

Regional Development and County Class:

County Qualifier - 13th/14th December 2025

County Championships (only those qualified) - 7th/8th February and 14th/15th February 2026

End of season meet - 11th/12th July

Regional Age:

London Legacy Meet - 28th-30th March 2026

Regional Championships (only those qualified) - 25th/26th April and 1st-3rd May 2026

End of Season meet - 18th/19th July 2026

Regional Plus:

London Regional Championships - 25th/26th April and 1st-3rd May

End of Season meet - 18th/19th July

Swimmers who qualify for English or British Summer Nationals (likely dates):

- British Summer Nationals (18th-24th July)
- English Summer Nationals (28th July-2nd August)

Selected high performing swimmers who are not at English or British Summer Nationals will be invited to compete at the Irish Summer Nationals (likely dates):

22nd-26th July

Performance:

Welsh Winter Nationals - 18th-21st December

London Regional Championships - 25th/26th April and 1st-3rd May

End of Season meet - 18th/19th July

Swimmers who qualify for English or British Summer Nationals (likely dates):

- British Summer Nationals (18th-24th July)
- English Summer Nationals (28th July-2nd August)

Selected high performing swimmers who are not at English or British Summer Nationals will be invited to compete at the Irish Summer Nationals (likely dates):

22nd-26th July

Performance Plus:

Swim England Winter Nationals (qualified swimmers) - 11th-14th December

Welsh Winter Nationals (Non-English National Qualifiers) - 18th-21st December

British Championships (qualified swimmers) - 14th-19th April

Swimmers may attend other National Championships they qualify for and provide the Director of Swimming with the dates so their training plan can be based around this.

All swimmers not swimming at a National Championships will target the London Regional Championships - 25th/26th April and 1st-3rd May

British Summer Nationals - 18th-24th July

English Summer Nationals - 28th July-2nd August

High level senior swimmers (British Nationals 16+) may be given the opportunity to race at other high level competitions throughout the season, including but not exclusive to:

- *The Rotterdam Qualification meet*
- *Edinburgh International meet*

Entry into these events will be by selection, but also optional for the swimmers invited.

Holidays / exam periods

Mental and physical breaks from training are important for swimmers to avoid burnout, and these will be granted to all swimmers following key target meets (including a 4-week break from training in the summer).

Whilst we understand that swimmers and parents will wish to go away throughout the season (either as a holiday or to visit family), there must be the understanding that going away during key times in the season will have a noticeable impact on the swimmer's performance at their target meet and therefore could have an impact on their progression through the squads.

The same principle applies to exam periods. As a club we recognise that education is the most important part of a child's development and some sessions may be missed during key exam periods. However, it is our belief that with proper planning and early preparation a swimmer can maintain a high level of training during exam periods without affecting their results. Again, an understanding must be had that if swimmers do not maintain a reasonable level of training during their exam periods, then results at the key meet will be negatively impacted.

Those swimmers in Performance Plus and Regional Plus who know their training will be affected due to exams must have a prior conversation with their coach to come up with a reasonable training schedule for the swimmer during exam periods. If this revised schedule is not met (or if the agreed training time is too low) then swimmers will be moved to Regional Age / Performance with a view to review their squad for the next training cycle (usually September when talking about May / June exams).

In terms of holiday's, we have applied some advice below with the likely effects it may have on performance. The reason for adding this is not to dictate when swimmers can and can't go away, but because as a coaching team we will take responsibility for results of swimmers who have fully committed to a training cycle, however there needs to be an understanding from swimmers/parents that breaks midway through the cycle will affect performance at the target meet (and that these breaks are often not taken by swimmers competing at a high National level). Swimmers in Regional Plus and Performance Plus who go away during key times in the season will be asked to complete training sessions whilst away as set out by the Lead Coach.

Whilst the professional advice of the Director of Swimming purely based on performance, is only to go away during set breaks (end of season and directly after a target meet), below is some reasonable advice with the understanding that some swimmers / parents will want/need to go away throughout the season.

Regional Age:

October Half-term - Fine to go away (limited effect on London Legacy meet)

Christmas - Fine to go away (limited effect on London Legacy meet)

February Half-term - Advised against going away (high effect on London Legacy meet)

Easter Holiday - Fine to go away (limited effect on end of season meet. The only change here is for swimmers going to London Regionals where it will have a very high impact on performance).

May Half-term - Advised against going away (intermediate effect on end of season meet)

Any time late June-July - Advised against going away (very high impact on performance at the end of season meet)

Regional Plus:

October Half-term - Fine to go away (limited effect on London Regionals)

Christmas - Fine to go away (limited effect on London Regionals)

February Half-term - Advised against going away (intermediate/high effect on London Regionals). For those swimmers expecting to qualify for Summer Nationals it is preferable to go away in February rather than May.

Easter Holiday - Advised against going away (very high impact on performance at London Regionals)

May Half-term - Advised against going away, however it is preferable to going away in February or Easter if not swimming at Summer Nationals. Swimmers going to Nationals are advised against (intermediate effect on end of season meet).

Any time late June-July - Advised against going away (very high impact on performance at the end of season meet).

Performance:

October Half-term - Fine to go away (limited effect on London Regionals and intermediate effect on Welsh Nationals - however short course is less of a priority than long course)

Christmas - Fine to go away (limited effect on London Regionals)

February Half-term - Advised against going away (intermediate/high effect on London Regionals). For those swimmers expecting to qualify for Summer Nationals it is preferable to go away in February rather than May.

Easter Holiday - Advised against going away (very high impact on performance at London Regionals)

May Half-term - Advised against going away, however preferable to February or Easter if not swimming at Summer Nationals. Swimmers going to Nationals are advised against (intermediate effect on end of season meet).

Any time late June-July - Advised against going away (very high impact on performance at the end of season meet).

Performance Plus:

October Half-term - Fine to go away (limited effect on London Regionals / British Champs. It does have an intermediate effect on Winter Nationals/Welsh Nationals, however short course is less of a priority than long course)

Christmas - Fine to go away (limited effect on London Regionals)

February Half-term - Advised against going away (intermediate/high effect on London Regionals / British Champs)

Easter Holiday - Advised against going away (very high impact on performance at London Regionals / British Champs)

May Half-term - Advised against going away (intermediate effect on Nationals)

Any time late June-July - Advised against going away (very high impact on performance at Nationals).

Swimmers from Performance Plus who wish to go away at Easter may request a taper and target meet of the London Legacy meet (28th-30th March), and this should be done well in advance for the training plan to be scheduled. There

must be an understanding from Swimmer / Parents that this will likely reduce their chances for National qualification from 3 to 2 as Performance at Regionals will be impacted by a break over Easter.

Overall aims

The club aims to cater for swimmers of all ages, abilities and backgrounds, whilst at the same time pushing to increase performance levels.

Expectations in our Performance pathway will gradually increase in order to meet the demands of the competitions swimmers are entering and challenge for British Finals, Medals and International representation.

Swimmers will be placed in squads coaches believe best meets the needs of the swimmers to achieve their goals.

If swimmers are not meeting the attendance / attitude requirements of Performance squads then they will be given a warning, and eventually removed from the squad if this does not improve regardless of the swimmer's Performance levels. This is to ensure that the swimmers in Performance Plus and Regional Plus are all working towards the same goals with the same commitment levels.

A move out of Performance Plus or Regional Plus due to attendance levels is not a move down, but instead a move to a squad that better matches the commitment levels of the swimmer.

Annex



