

SQUAD CRITERIA & TRAINING INFORMATION



2023/2024 Season

Dear Parents & Swimmers,

Welcome to Team Luton. Throughout the year and from season to season, our structure and resources will continue to improve. The partnership with Active Luton and the use of the Inspire Luton Sports Village affords us the opportunity to offer the very best training that will enable us to aim to develop a performance swimming club.

The coaching team will assign swimmers into the appropriate squad, based on their individual swimming level. Reasonable adjustment will be made for swimmers with a current or pending disability classification. Movement will be based around three areas: performance standards, training ability and commitment.

Our Mission:

- To accommodate the rising number of Team Luton Swimmers; we aim to provide a proportionate number of coaching hours per group, with as much flexibility as possible keeping the number of swimmers in a lane to a manageable level.
- Our sessions/lanes must not become congested for both health & safety and quality assurance.
- To provide Strength & Conditioning to all squads
- To ensure that a greater number of Swimmers within the club receive direct coaching from our senior coaches.
- To promote the benefits of our 50m water time.
- To maintain the high percentage of County and Regional swimmers of whom we are very proud, and aim to develop every swimmer to the next level.
- To acknowledge that Team Luton has younger swimmers who will require support in their training, as our future high performers.
- Team Luton has to be in a position to recruit swimmers with a clear commitment and ability and where performance levels are at their highest. This will come from educating Team Luton members.

We thank you for your support and trust. We hope that you will enjoy this new season with us.

Matthew & Dave
Lead Coaches

Coaching Team

Lead Coaches

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Academy 1 (A1)

- This is an entrance squad for swimmers who have attended a Swim School and reached Stage 5 and above or are of a similar level. The aim of the squad is to work on all four strokes up to 50m for Front Crawl, Backstroke, Breaststroke and 25m for Butterfly.
- Swimmers must show that they have a good understanding of Backstroke, Breaststroke and Front Crawl. Able to demonstrate the basics of Butterfly.
- Follow simple instructions and maintain concentration for the duration of the session.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Confidence in diving into the water and be able to perform a somersault working towards a tumble turn off the wall.
- Swimmers will need to maintain 1 session of attendance per week.
- Swimmers will be continuously assessed to enable them to be moved into a more appropriate squad for their standard of swimming.

Academy 2 (A2)

- Swimmers are expected to attend 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 100m (without stopping) of Backstroke, Breaststroke, Front Crawl and Swim 50m of Butterfly showing reasonable technique.
 - Be competent in all the following skills:
 - Push off in streamline position
 - Scull effectively
 - Hold body alignment
- Should be able to dive into the water from a starting block and be able to perform a tumble turn off the wall.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must follow the club competition calendar and be competing at Club Championships or above.
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Academy 3 (A3)

- Swimmers are expected to attend 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 200m (without stopping) of Backstroke, Breaststroke, Front Crawl and 50m Butterfly showing reasonable technique.
- Be competent in all the following skills:
 - Able to demonstrate a Competitive Start
 - Push off in streamline position for a minimum of 5m
 - Perform a tumble turn and kick out underwater
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must follow the club competition calendar and be competing at Club Championships or above and represent the Club at League Galas.
- Swimmers in this group are aiming for County Qualification in events up to 200m.
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Academy 4 (A4)

- Swimmers are expected to attend 85% of their allocated sessions per week. Swimmers may be asked to do more/less on an individual basis by the Lead Coach. This will be monitored monthly.
- Swim 400m (without stopping) and show good technique in Backstroke, Breaststroke, Front Crawl and Butterfly.
- Be competent in all the following skills:
 - Able to perform Medley turns
 - Kick out underwater for a minimum of 10m
 - Understanding of the pace clock and go on the correct turn around.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set with their Lead Coach.
- All swimmers will be assessed on 3 elements, all of which must be passed to achieve progression:
 - Competitive Performance – Swimmers in this group will be achieving County Qualifying times and aiming for Regional qualification
 - Training Ability – swimmers listen and consistently achieve what is asked of them.
 - Commitment to Training
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Competitive Development (CD)

- Swimmers considered are normally aged between 12 - 14 (as of 31st December 2024). Age as of 31st December is a standard age used by British Swimming.
- Swimmers are expected to attend 70% of their allocated sessions per week.
- Swim 200m (without stopping) of Backstroke, Breaststroke, Front Crawl and 50m Butterfly showing reasonable technique.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve continual improvement at competitions.
- Swimmers in this group are aiming for County Qualification or above.
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Competitive (CP)

- Swimmers considered are normally aged between 15 – 18 (as of 31st December 2024). Age as of 31st December is a standard age used by British Swimming.
- Swimmers are expected to attend 70% of their allocated sessions per week.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be able to Swim a 200m Individual Medley to a good competitive standard for their age group.
- Be self-motivated to achieve continual improvement at competitions.
- Swimmers in this group are aiming for County Qualification or above.
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Performance (PE)

- Swimmers will be a Regional Qualifier and/or County Finalist.
- Swimmers are expected to attend 85% of their allocated sessions per week including 1 weekday morning session. It should be noted that the morning session is considered an integral part of the training schedule and attendance is expected.
- Swimmers may be asked to do more/less on an individual basis by the Lead coach.
- Be able to Swim a 200m Individual Medley, and Swimmers will need to race in a mixture of events, from 50m to 400m distances whilst experiencing 800 & 1500m twice a year.
- Understand and comply with lane discipline and be respectful to their coaches and fellow teammates, setting a good example to others.
- Must be competing and follow the meet calendar and represent the Club at League Galas.
- Be self-motivated to achieve the goals set out in conjunction with the Lead Coach.
- A swimmer's place within this squad is under constant review – any action taken is at the complete discretion of the Lead Coach.

Masters / Senior Age Group (Masters)

- Swimmers considered are normally aged 18+
- Swimmers expected to be training for competition (swimming or triathlons) or fitness - we cannot teach you to swim.
- Comfortable on three strokes and completing repetitions of up to 200 metre Freestyle.
- No minimum % weekly attendance required (mindful of variable work and family commitments) **BUT** swimmers do commit via their standing order for monthly training fees to endeavour to attend certain sessions per week, so that lane occupancies may be determined and monitored.
- Swimmers may attend alternative sessions on an ad-hoc basis, but should lanes become full on a regular basis and swimmer numbers then need to be limited, priority in determining session allocations will be given to those who compete.
- Expected to compete in Club Championships and support other club events wherever possible or practical.

GENERAL GUIDELINES

1. Allocated Strength & Conditioning sessions are compulsory sessions for all swimmers, the S&C session and pool session will be marked as one session.
2. Swimmers carrying an injury or returning from injury who are unable to complete the full requirements of a pool session will have their training adjusted as agreed with the Lead Coaches.
3. Swimmers shall only commit to the Team Luton training programme, and not swim outside their training hours.
4. Swimmers shall enter and if accepted, attend the End of Cycle Meets promoted by the Lead Coaches. Swimmers shall endeavour to enter and, if accepted, attend the mid-cycle meets promoted by the Lead Coaches.
5. Swimmers shall not enter any meets which are not promoted by the Lead Coaches on the Team Luton calendar. A non-Team Luton calendar will not be permitted in order to prevent over competition in unnecessary events which interfere with training and the long-term development of the swimmer.
6. During 2023-2024, (unless contrary reason is provided by the Lead Coaches), Swimmers shall be expected to enter:
 - Bedfordshire County Championships (where QTs are achieved)
 - The Swim England East Region Championships (where QTs are achieved)
 - The British Championships (where QTs are achieved)
 - The British Summer National Championships (where qualifying is achieved)
 - The Home Nations Summer National Championships (where qualifying is achieved)
 - All End of Cycle Meets
 - All other mid-cycle meets, and specialised events as directed by the Lead Coaches
7. All National, Regional and County selections for competition, camps and/or training opportunities will be discussed with the Lead Coaches prior to responding to the inviting body
8. All Swimmers are expected, if selected, to be available to represent Team Luton in the following events in the 2023-2024 season:
 - Relay Competitions (County, Regional, National Summer Championships)
 - Arena League Rounds 1, 2, 3
 - Junior Arena League Rounds 1, 2, 3
9. Swimmers who have Team Luton as their ranked club, will not compete for another team without the express permission from the Lead Coaches.

10. Prior to, during and following competition, Swimmers will follow the dress/uniform code for that particular meet. This includes:
 - Team Luton T-Shirts
 - Black Leggings / Shorts
 - Team Luton Hoodie / Jacket
 - Team Luton Swim Cap
11. At all Competitions, all Team Luton Swimmers are expected to abide by the rules and the Code of Conduct promoted by Team Luton. All Swimmers where possible to support team members that are in finals at major competitions (for example Regionals and Nationals) unless otherwise directed by the Lead Coaches.
12. Swimmers will consult with the relevant Squad Coach for all Meets before submitting their entries.
13. Swimmers may be at risk of losing their place in the club/squad if the squad criteria is not met and maintained. Swimmers and/or parents will be involved in discussion with the Lead Coaches to set out a plan to improve performance/targets. The Lead Coaches decision on whether or not Swimmers are displaying sufficient commitment to the programme will be final.
14. Swimmers entering an important period of public examinations or similar circumstances and who feel that their training commitments cannot be met must discuss arrangements with the relevant Squad Coach well in advance of the required period.
15. Squad criteria and places will be constantly reviewed by the Lead Coaches throughout the current season.
16. The Lead Coaches, in conjunction with the Team Luton Executive Committee, reserves the right to alter this criteria at any time. The protocols and criteria will be reviewed by the Lead Coaches in conjunction with the Team Luton Executive Committee when deemed necessary.

Swimmers, parents and coaches are expected to comply with the Team Luton Codes of Conduct at all times and comply with any temporary rules introduced by the Executive Committee or the Lead Coaches.

Equipment

There are a number of pieces of kit that you will need for training and competition, these include trunks/costumes, goggles and hats. Training equipment needed for every session is as below:

Performance

- Kick Board
- Short Tip Fins
- Freestyle Snorkel
- Alignment board
- Pull buoy
- Hand Paddles
- Water Bottles (sufficient for training)
- Thera band / Foam Roller / Trigger point ball / Skipping rope
- Swimming Parachute (Performance Only)
- Mesh Bag
- Spare Hat, Goggles & Costume

Competitive & Academy 4

- Kick Board
- Short Tip Fins
- Freestyle Snorkel
- Pull buoy
- Hand Paddles
- Water Bottles (sufficient for training)
- Thera band / Foam Roller / Skipping rope
- Mesh Bag
- Spare Hat, Goggles & Costume

Competitive Dev & Academy 3

- Kick Board
- Short Tip Fins
- Freestyle Snorkel
- Pull buoy
- Water Bottles (sufficient for training)
- Foam Roller / Skipping rope
- Mesh Bag
- Spare Hat, Goggles & Costume

Academy 1 & 2

- Kick Board
- Short Tip Fins
- Freestyle Snorkel
- Pull buoy
- Water Bottles (sufficient for training)
- Skipping rope
- Mesh Bag
- Spare Hat, Goggles & Costume

All Equipment to be named so can be returned to swimmers if left behind at training

Listed below are some retailers who sell this equipment:

www.mailsports.co.uk
www.allensswimwear.co.uk
www.simplyswim.com

www.proswimwear.co.uk
www.decathlon.co.uk
www.sportdirect.com

Club Kit - Tee Shirt, Hoodie and Jacket

The club kit can be purchased online from Premium Force

www.premiumforce.co.uk/your-club/swimming-clubs/team-luton-swim-club/

Every swimmer must purchase at least the Pro Training Tee, as Team Kit must be worn at all competitions. Club Swim Hats can be purchased from the club at a cost of £6.50.

At competitions swimmers should wear suitable clothing to keep warm ie. shorts, leggings or tracksuit bottoms preferable plain black.

Attendance / Punctuality

- Swimmers in All Squads will be expected to arrive 15 minutes before the session to complete their Pre-Pool Routines, when land training is not taking place.
- Swimmers who are 20 minutes or more late to an evening training session will not be allowed to join in. (Unless a valid reason has been previously agreed with the Lead Coaches)
- Swimmers who are 15 minutes late or more to **morning** training will not be allowed to join in.
- If there is a land training session on the same day immediately before or after a pool session, this forms part of the session and swimmers are expected to attend both unless an alternative S+C plan has been agreed.
- If you are not able to make one of your allocated sessions, please inform the Lead Coaches as a courtesy.
- Swimmers wishing to leave a session early will need to inform the Lead Coaches (not on the day).
- Swimmers who are consistently late but not outside the boundaries set will be monitored and reviewed and appropriate action may be taken.

Exam periods (GCSE/A Level/University)

Once swimmers have their exam timetable, they should arrange a meeting with their Lead Coach to discuss an agreed training schedule. Each schedule will be reviewed on an individual basis and at total discretion of the coach.

Competition Entry

- All Team Luton swimmers must follow the set competition plan for their group.
- Lead Coaches will make parents aware of what events swimmers need to be entered into for each meet.
- Team Luton is a competitive swimming club and so expect swimmers to compete to track their progress. Failure to compete will lead to a review of the swimmer's place within Team Luton.
- If you are aware of any clashes you may have with the Competition plan, you must inform your Lead Coaches as soon as possible.

Exit Criteria

Failure to meet set criteria will lead to the review of the swimmer's place within the squad.

1 of 3 actions will be taken:

1. Swimmers will be given a 6-week trial period to reach the standard required set out by the Lead Coach. If this is not achieved action 2 or 3 will be followed through, at the complete discretion of the Lead Coaches
2. A different group will be offered at the discretion of the coaching staff
3. Team Luton will advise you on alternative options outside of the club