

# INFORMATION FOR SWIMMERS

# LANCASTER CITY SWIMMING



SWIMMING

swim21  
Accredited

swimming | water polo | tri-team

[www.laswpc.com](http://www.laswpc.com)



# Lancaster City Swimming & Water Polo Club

**Our Club** was established in **1889** and is based at Salt Ayre Sports Centre, Lancaster.

Although Lancaster is only a small city our history and the success of the Team has made us one of the best known clubs in the country.



Our competitive swimming team competes in regional and national events, benefiting from close cooperation between swimming and water polo coaches. Many of the members represent both the swimming and water polo teams. As a result we are well represented in various competitive leagues, such as: the micro-league (for younger competitive swimmers aged 8-12), the Arena National League and the North Lancs. League.



**For more information about Water Polo ask your coach.**

## Competitive Swimming







# Swimming to Compete



Every year we hold two club swimming galas (one around Christmas and one in the summer) where swimmers can compete for medals, trophies or to improve their own personal best times. Our timekeepers, judges, trained teachers and coaches will make themselves available whenever pool space allows, for swimmers who want to test their times against their PBs or to attempt to achieve badges for various levels of competitive swims or diving capability. Ask your coach, check the notice board for open meets that we are attending or ask for a time trial.

We also supports individual swimmers who attend competitions and galas, where swimmers can establish personal times for the four strokes over various distances under ASA licensed conditions. When competitive times are achieved, a swimmer may be able to go on to swim in the County Championships, then Regional Championships and possibly the National Championships. See our competition guide for more details.

# Being part of our team.

There are a number of benefits from swimming with our club, in particular the development of good technique under the eye of the trained coaches. Regular attendance at several training sessions per week over a number of months normally results in development of good stroke skills and improved fitness and stamina which then helps the swimmer to become more efficient and faster in the water. The swimming section has eight level 1 and six level 2 swimming teachers/coaches with some coaches currently working toward level 3 . The polo section of the club adds additional expertise with coaches who are committed to national and international success.

We are always looking for new input from volunteers willing to provide some time to help our club move forward.



The club offers three main swimming training sessions per week at the Salt Ayre pool:

Sunday afternoon and Tuesday and Friday evenings. The Sunday afternoon session also includes a Learn to Compete Programme and lanes dedicated to competitive development.

Swimmers who compete for the club and are focused on progressing to a higher level can also attend more intensive sessions on Monday and Thursday mornings with a further session at Lancaster University on Wednesday evenings.

# Something to strive for...

## **Swimming is good for you!**

We would encourage anyone to swim for fitness and that's where all our members start. The next step is technical success followed by speed and then **better and better times**.

As swimmers progress we encourage entry of competitions appropriate to individual standards, provide personal recognition in the form of badges for achieving time thresholds and certificates for personal bests or technical prowess such as the competitive start awards.

We also encourage our members to combine swimming with other sports. That is why so many of our members also participate in various forms of athletics, triathlons, biathlons and many other disciplines, because swimming complements them all.

Land training sessions are a time when swimmers get a different sort of work-out. They also get a chance to receive advice and support from their peers and discuss swimming technique out of the water.



## **A reward for every effort.**

At our own championship galas and age group competitions swimmers compete for medals, certificates, trophies, club records and prizes; but for those who prefer not to compete or who are working towards personal targets the times achieved at various events or time trials are recorded on our Personal Best records for comparison and the setting of future targets.





# The Cost of Membership.



Kit available from Club Shop.

## Joining our Club:

We are a competitive club looking to develop and progress swimmers with existing skills; however, we do provide a **Learn to Compete** programme for swimmers from the age of 6 who are confident in the water.

If you are thinking of joining us, contact our head coach (or one of the poolside staff at any of the sessions). You will be invited to attend an appropriate session as a 'try-out'.

During this first session, one of our coaches will undertake an initial assessment to decide which training session would be most suited to your ability or to offer advice if you require further aquatic skills before joining a competitive club.

We aim to be friendly and relaxed but we are also competitive, with a focus on helping each swimmer develop their ability to the fullest in all the main strokes and skills.

As well as a time commitment (swimmers cannot improve without training) we do require members to make a financial commitment to our club to make it possible for us to hire the pool, buy equipment and train our volunteers.

### Annual Costs:

Upon joining, members are required to pay an annual membership fee which is currently **£33** for those in the 'learn to compete' programme and **£53** for competitive swimmers who are offered a minimum of three hours training per week, depending on the their level in the club. These costs include membership to the **ASA** (Amateur Swimming Association) which the club will arrange.

### Monthly Costs:

As well as the annual fee there is a monthly subscription payable by standing order which ranges from **£11** to **£30** per month depending on the sessions attended.



# Training Times:



Below are the current club swimming training times. The venue for these sessions is Salt Ayre, unless noted otherwise. Please speak to our coaches prior to attending any additional sessions.

6.45 - 7.45am	Junior and Senior Competitive & Water Polo Swimming*
---------------	--

## Tuesday

6.45 - 8.00am	Water Polo tactics and training
7.00 - 8.00pm	Junior Competitive Swimming & Water Polo fitness
8.00 - 9.00pm	Junior and Senior Swimming & Water Polo
9.00 - 10.00pm	Water Polo

## Wednesday

8.30 - 9.30pm	Junior and Senior Competitive Swimming* <b>Lancaster University</b>
---------------	--

## Thursday

6.45 - 7.45am	Junior and Senior Competitive & Water Polo Swimming*
8.00 - 9.45pm	Senior Water Polo & Tri-Team (seasonal)

## Friday

6.30 - 7.30pm	Junior and Senior Competitive Swimming & Water Polo fitness
7.30 - 8.45pm	Junior and Senior Swimming & Water Polo
8.45 - 10.00pm	Water Polo

## Sunday

3.00 - 3.40pm	<b>Learn to Compete</b> (Tank)
3.45 - 4.25pm	<b>Learn to Compete</b> (Tank)
3.00 - 4.00pm	Junior Development and Competitive Swimming
4.00 - 6.00pm	Junior & Senior Competitive Swimming Junior & Senior Water Polo
6.00 - 6.30pm	Water Polo

	= core sessions
*	by invitation



# Pool Timetable:

Key: POLO Develop Squad 1 Squad 2 Squad 3 Masters Pre-Comp Learners

## Sunday

1	2	3	4	5	6	7	8
POLO	POLO	POLO	Develop	Develop	Develop	Develop	Develop
POLO	POLO	POLO	Develop	Develop	Develop	Develop	Develop
POLO	POLO	POLO	Squad 1	Squad 1	Squad 2	Squad 2	Squad 2
POLO	POLO	POLO	Squad 1	Squad 1	Squad 2	Squad 2	Squad 2
POLO	POLO	POLO	Squad 1	Squad 1	Squad 2	Squad 2	Squad 2

3-3.30

3.30-4

4-4.30

4.30-5

5-5.30

5.30-6

## Sunday Tank

DEEP	SHALLOW/DEEP
PRE COMPETITIVE DEVELOPMENT	LEARN TO COMPETE
Development - water skills rota (NPTS)	LEARN TO COMPETE

3-3.45

3.45-4.30

## Monday Morning Training

1	2	3	4	5	6	7	8
					POLO	Squad 3	Squad 2

6.45-8.45am

## Tuesday Morning

TANK

6.45-8.45am

## Tuesday Evening

1	2	3	4	5	6	7	8
POLO	Develop	Develop	Squad 1	Squad 1	Squad 2	Squad 2	Squad 2
POLO	POLO	POLO	POLO	Squad 3	Squad 3	Squad 3	Squad 3

7.00-8.00

8.00-9.00

TANK

7-9.15pm

## Wednesday - University Pool

1	2	3	4	5	6
			Squad 3	Squad 3	Squad 2

8.30-9.30pm

## Thursday Morning Training

1	2	3	4	5	6	7	8
					POLO	Squad 3	Squad 2

6.45-8.45am

## Thursday Evening

TANK 9-9.30 AND MAIN POOL 9.30-10.30

8-9.30pm

## Friday

1	2	3	4	5	6	7	8
POLO	Develop	Develop	Develop	Squad 1	Squad 1	Squad 2	Squad 2
POLO	POLO	POLO	Squad 1	Squad 1	Squad 2	Squad 2	Squad 2

6.30-7.30pm

7.30-8.45pm

TANK

6.30-8.45pm

Followed by Water Polo Regional Training Academy



# Swimming Progression



LANCASTER CITY SWIMMING SQUADS	SQUAD ENTRY REQUIREMENTS	TARGETS, AIMS & PROGRESS
<b>LEARN TO COMPETE &amp; PRE-COMPETE</b>	Must be able to demonstrate confidence in the water, the ability to make a safe entry and an ability to travel 10m without support or swimming aids.	Develop an efficient and comfortable technique in Backstroke, Breaststroke and Frontcrawl over a distance of 25m unassisted and aquatic skills in line with the National Plan for Teaching Swimming.
<b>COMPETITIVE DEVELOPMENT SQUAD</b>	Must be able to swim: 25m Frontcrawl 25m Backstroke 25m Breaststroke efficiently and in line with the National Plan for Teaching Swimming	To develop all competitive strokes over a longer distance including 25m Butterfly and the 100 IM. To be able to demonstrate all starts and turns effectively and achieve the preliminary start award.
<b>SQUAD 1</b>	Attend a minimum of 3 sessions per week and be able to swim: 50m Butterfly 100m Backstroke 50m Breaststroke 100m Frontcrawl 100m Individual Medley complete with the correct starts and turns.	To develop correct techniques on all the competitive strokes and become familiar with the pace clock and lane discipline. Demonstrate a 200IM with correct strokes and turns and achieve the competitive start award.
<b>SQUAD 2</b>	Attend a minimum of 3 sessions per week and be able to compete in: 100m Butterfly 200m Backstroke 200m Breaststroke 200m Frontcrawl 200m Individual Medley.	Continued progression of dive, turn and stroke techniques. Self motivated land warm ups and stretching prior to training.  Improved endurance and a willingness to compete.
<b>SQUAD 3</b>	All of the above and 95% attendance of the three main training sessions plus land training and a minimum of one additional swimming session per week. Minimum distance of 1150m in a timed 20 minute swim.	Attendance of open competitions and selected team events with a target of regional and national qualifying times. Training to support swimmers in other squads.



## Need to know more ?



If you would like more information, contact us by e-mail: [info@swimcity.org.uk](mailto:info@swimcity.org.uk) or by telephone: 07774 483595, visit our website: [www.laswpc.com](http://www.laswpc.com) for news and events or, come and watch a session and discuss your interest with any of our coaches on poolside.

Head Coach: Andrew Daykin

Head of Development: Karl Bradley

Squad Coaches:

Jill Shaw, David Sallis, Sandra Bateson

