



2015/2016

Swim Camps

Aspiring to achieve Olympic podium success





Introduction

Do you want to represent Great Britain at an Olympic Games of the future? Is international swimming success one of your sporting goals? Here at England Programmes, we are serious about winning more medals on the world stage.

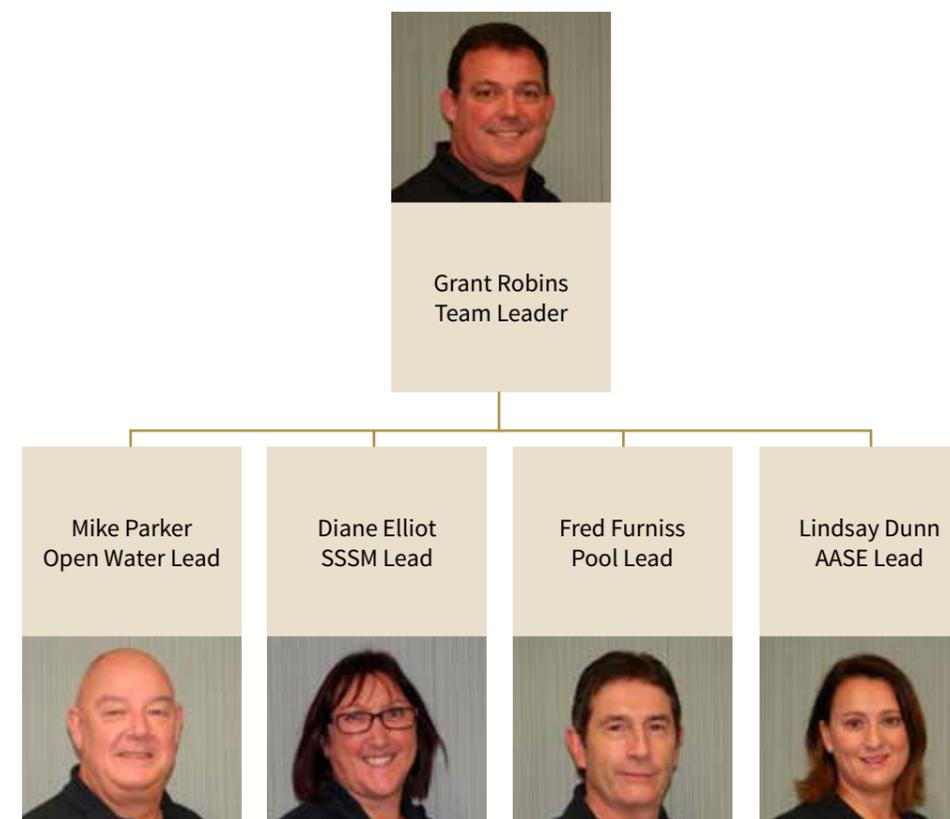
This booklet explains how we can help you to achieve your goals and how you can help us to achieve ours!

Our aim is to identify and develop the best swimmers in England. The ASA and England Programmes have organised a series of camps that will provide a pathway to international podium success. Each stage of the pathway is explained in this booklet, including how the pathway links in with British Swimming's World Class Programme.

We hope that as you read through, you will feel inspired to work hard towards developing the skills and character required to become a great swimmer. Good luck on your journey and we hope to see you on the podium in the future.

Jane Nickerson
COO of the ASA

Team Structure



England Programmes

The England Programmes team specialises in talent identification and works with British Swimming to develop swimmers with the ability to join British Swimming's World Class Programme.

The England Programmes team aim to:

- Provide an environment which promotes outstanding foundation skills, aerobic development and four stroke efficiency to enable participation at the 2020 and/or 2024 Olympic Games
- Provide up-to-date, progressive and innovative swimming education to ensure swimmers and parents are knowledgeable and well-informed
- Provide the link between ASA counties, ASA regions and British Swimming
- Identifying swimmers through skill acquisition, profiling and tracking along the swimming pathway.

Expectation of Swimmers

The England Programmes swim camps aim to develop you into becoming a world class swimmer and you will be expected to demonstrate the right behaviours in order to achieve this end goal.

We expect you to:

- embrace these opportunities with an open mind and a willingness to learn
- apply this learning in your training environment on a consistent basis
- take responsibility, with our support, for advancing your own swimming career.

We encourage independence and self-awareness, and with our assistance, you will focus on your progression through to the British Swimming's World Class Programme.

We also encourage a robust foundation of technical swimming components upon which you would build your long term potential. England Programmes, along with British Swimming, require this foundation to be the best in the world.

Be fit. Be prepared. Be positive. Be inspired.

The Pathway

There are four phases in the England Programmes pathway to podium success:

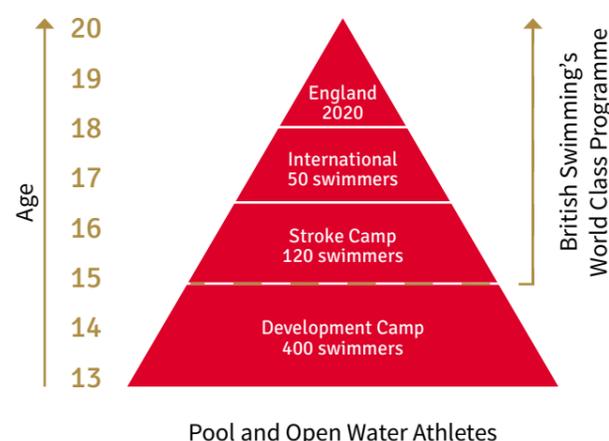
1. Phase 1 – Development Camp
2. Phase 2 – Stroke Camp
3. Phase 3 – International
4. Phase 4 – England 2020

The aim of each phase is to develop and enhance skills and knowledge to inspire swimmers to achieve.

The common themes throughout each phase focus on identifying and improving process goals. These goals should allow all swimmers to achieve their objectives later in the season and assist in their preparation for long term success.

Staff members at each of these camps are there to support swimmers to improve the technical aspects of their swimming.

The England Programmes team passionately believes that to race internationally in the future, the basic fundamentals of efficient swimming need to be perfect as early as possible.



Phase 1 – Development Camp

Rationale

During this camp, we aim to create an environment that allows swimmers to increase their potential, improve their skills and enhance their swim specific knowledge. Swimmers will then be profiled on physical, technical, physiological and historical factors.

Duration

One day

Date

September/October 2015

Location

Individual venues per region

Number of Participants

35-40 swimmers will be identified from each region. Swimmers will be identified through competitive results, ranking or discretionary identification.

Please refer to the guidance document at the end of this brochure for more details.

Development Camp Aims

- To develop skills and improve stroke efficiency on all four strokes.
- To collect swimming data to allow a greater informed view of swimmers' future potential.
- To ensure technical swimming concepts are implemented and understood.

Eligible Athletes

Pool

- Males born in 2001 or 2002
- Females born in 2002 or 2003

Open Water

- Males born in 2001
- Females born in 2002

How does this link with British Swimming's World Class Programme?

British Swimming requires world class technical swimmers. The England Programmes' development camp provides an in-depth education on the aspects of world class swimming. This will allow swimmers to return to their home programme and continue to perfect these skills to enhance future performance.

Next Stage

Having completed the development camp, if coaches have agreed that either technically, tactically or physically you are a potential swimmer for the future, then you will be invited to join Phase 2 – Stroke Camp.

Phase 2 – Stroke Camp

Rationale

There are three stroke camps:

- Breaststroke and butterfly
- Backstroke and sprint freestyle
- Individual medley, distance freestyle and open water.

Swimmers will be placed in a specific camp appropriate to the individual's best performance in a particular stroke.

England Programmes want to develop students of the sport. Camp education will be based on stroke-specific process goals but will build on the foundations laid down during the development camp. Other activities will include further screening and assessment, stroke and event specific skill development and assessment of technical abilities through digital replay.

Swimmers joining the stroke camp who have not completed the development camp will attend a 'one day top-up'. Attending this top-up day is vital to ensure consistency of swimming knowledge across all participants.

Duration

Three days

Date

21–23 December 2015

Location

Millfield, Coventry or Liverpool

Number of Participants

Approximately 120 swimmers in total. Swimmers will be identified from the Phase 1 – Development Camp, by nomination from England Programmes Officers or by performance rankings following the national and home nation summer meets.

Please refer to the guidance document at the end of this brochure for more details.

Stroke Camp Aims

- To implement and understand the benefits of mastering outstanding skills.
- To ensure lifestyle education is included whilst being a student of the sport.
- To provide an introduction to efficiency and fitness testing.

Eligible Athletes

Pool and Open Water

- Males born in 2000, 2001 or 2002
- Females born in 2001, 2002 or 2003

How does this link with British Swimming's World Class Programme?

Along with British Swimming, England Programmes want swimmers to become students of the sport. Being a more informed, independent and self-reliant swimmer will increase potential for the future. We support swimmers in gaining valuable insight into how their sport has developed and ensure that they have the most up-to-date information on current performance strategies and practices.

Next Stage

You will have shown that you are technically, tactically and physically capable. The coaches will also have noted that you have consistently made the correct choices to get the most out of the stroke camp. Your thirst to improve, your positive attitude and your ability to bring the best out of your teammates will help secure a place at Phase 3 – International.

Phase 3 – International

Rationale

Swimmers who have shown commitment to achieving potential in previous camps will have the opportunity to travel as an England Programmes team member on a training camp or an international competition experience. Pool swimmers will be invited to attend an international swim meet while open water swimmers will attend a mixed race and training camp.

Dates and Location

Dates, venues and locations change year-on-year but should you be selected for Phase 3 – International, you will be notified by early 2016.

Number of Participants

Up to 40 swimmers. England Programmes officers will identify swimmers who show the potential to be the best tactically, technically, physically and psychologically. Swimmers will be prioritised on the basis of overall competitive performance and their ability to achieve British Swimming's World Class status in the future.

Please refer to the guidance document at the end of this brochure for more details.

International Aims

- To show competency in performance skills while in an international setting.
- To perform while competing and training abroad.
- To use strategies and processes gained in previous camps to ensure international success.

Eligible Athletes

Pool and Open Water

- Males born in 1999, 2000 or 2001
- Females born in 2000, 2001 or 2002

How does this link with British Swimming's World Class Programme?

The ability to compete internationally is what we are all about. The England Programmes International Phase aims to give you the knowledge, experience and confidence to be able to do this with distinction at a major games or championship in the future.

Next Stage

As youth internationals, England Programmes will support swimmers who show potential who are not yet part of British Swimming's World Class Programme.

Phase 4 – England 2020

Rationale

England 2020 will support swimmers who have already achieved a level of performance that could lead to inclusion on British Swimming's World Class Programme in the near future. Swimmers continually demonstrate commitment to improve.

Swimmers will be identified by the England Programmes Team Leader after the Olympic trials in Glasgow, April 2016 and will be invited to attend an end of season international competition.

Identified athletes will be swimmers who are highly ranked domestically, will be available for major teams over the next four year cycle and will have consistently shown improvement throughout the season.

There will be a separate guidance document on the requirements to achieve consideration for England 2020 which will be published early 2016.

England 2020 Aims

- To expose swimmers to an end of season international competition.
- To inspire swimmers to achieve World Class status.
- To represent England at the Commonwealth Games and/or Great Britain at the Olympic Games in the future.

Eligible Athletes

Swimmers who are not included in British Swimming's World Class Programme or who do not have other Great Britain representation, but show promise to achieve these in the future are eligible.

Pool and Open Water

- Males born in 1998, 1997 or 1996
- Females born in 1999, 1998 or 1997

How does this link with British Swimming's World Class Programme?

Swimmers develop and improve at different ages. England 2020 will support swimmers to ensure the opportunity to reach their international potential is not lost. There will be opportunities at the end of the season to compete abroad and ultimately secure qualification for a major international games in the future.

The Camp Curriculum

The educational element of England Programmes swim camps will nurture the philosophy of being students of the sport. The progressive curriculum below ensures that students continue to develop their knowledge and understanding of how the sport works.

Swimmers can expect to learn the tools that are required to be included in British Swimming's World Class Programme and this will assist in gaining podium success.

Year 1: 2015/16

Subject	Phase 1	Phase 2	Phase 3
Strength & Conditioning	Basic fundamental movement patterns	Core fundamental movement patterns	Race warm up and recovery
Physiotherapy	Achieve streamlining	Injury prevention	Screening injury prevention talk
Nutrition	Recovery and training nutrition	Different session requirements	Travel, preparation and race recovery
Psychology & Lifestyle	Adversity and positive attitudes	What makes an elite athlete	Psychological preparation techniques
Sports Science	Stroke counts	Underwater filming for stroke correction	Swim down and energy systems
Parents	Role of the supportive parent	Pathway and general swimming advice	

Year 2: 2016/17

Subject	Phase 1	Phase 2	Phase 3
Strength & Conditioning	Streamlining techniques	Landing techniques	Race warm up and recovery
Physiotherapy	Stability and injury prevention	Injury prevention screening	Rolling and self-management
Nutrition	Staying healthy and growing	Sleep and recovery	Superfoods
Psychology & Lifestyle	Time management skills – school & swimming	Anti-doping and supplements	Planning a career/ education
Sports Science	Measuring heart rates	Underwater filming for stroke correction	Race planning and analysis Doping procedure

Guidance Document for England Programmes 2015/2016

1.0 Overview and Rationale

We aim to produce swimmers with the ability to join British Swimming's World Class Programme.

The strategic goal of the programme is to have a system that will support and enhance the development of high quality senior athletes for the future, and seek to identify individuals with the aspirations to achieve Olympic podium success.

This document allows England Programmes Officers to identify swimmers to attend programme activities using rankings and discretionary observations. Elements of the document are intended to ensure that all available information and circumstances can be taken into account in identifying swimmers relevant to the above aims.

Decisions based upon discretion will be made subjectively, with reference to what is known about the individual swimmer. This allows the finite resources of the programme to be applied in a flexible and targeted manner.

2.0 Development Camp

Minimum activity level: attendance at a one day event in September/October and a one day education seminar. (Various dates/locations.)

2.1 A minimum of 260 swimmers will be selected to attend one of eight Development Camps as follows:

2.2 The top six ranked males (born in 2001 or 2002) and females (born in 2002 or 2003) in each event as per rankings as at 10 August 2015.

2.3 Up to six male and six female selections will be made at the absolute discretion of the Open Water Technical Lead for males born in 2001 and females born in 2002.

2.4 Further selections will be made at the absolute discretion of the England Programmes Team Leader in consultation with the England Programmes Officers. Such selections may be made on a technical, tactical, physical or performance basis.

2.5 The selections will be made on a national basis and swimmers will be allocated to an appropriately located camp but not necessarily in their own region.

3.0 Stroke Camp

Minimum activity level: attendance at a three day event. (Provisional dates: 21 – 23 December.)

3.1 A minimum of 100 swimmers will be selected to attend one of three stroke camps.

3.2 The top 2 ranked males (born in 2000) and females (born in 2001) in each individual Olympic pool event as at 10th August 2015 will be selected.

3.3 72 swimmers will also be identified for selection from those attending the Development camp as follows:

3.4 The top ranked males (born in 2001 or 2002) and females (born in 2002 or 2003) will be selected from rankings from each Olympic event.

3.5 Up to 20 further selections will be made from swimmers attending the development camp (males born in 2001 or 2002 and females born in 2002 or 2003) at the absolute discretion of the England Programmes Team Leader in consultation with England Programmes Officers. Such selections may be made on a technical, tactical, physical or performance basis.

3.6 Up to 12 Open Water selections may be made at the absolute discretion of the Open Water Technical Lead.

3.7 Further selections may be made at the absolute discretion of the England Programmes Team Leader in consultation with the England Programmes Officers.

4.0 International

Minimum activity level: specific pool or open water camp/competition exposure. (Dates to be confirmed.)

4.1 Up to 28 swimmers will be selected to attend an England pool team training camp and/or competition as follows:

4.1.1 16 swimmers (males born in 2000 or 2001 and females born in 2001 or 2002) will be identified from attendees of England Programmes stroke camps at the absolute discretion of England Programmes Officers.

4.1.2 Eight swimmers (males born in 1999 and females born in 2000) will be identified through national rankings absolute discretion of England Programmes Officers.

4.1.3 Up to four swimmers will be identified at the absolute discretion of the Pool Swimming Technical Lead.

4.2 Up to 12 swimmers will be selected to attend an England open water team training camp and/or competition as follows:

4.2.1 Up to eight swimmers will be identified from attendees of England Programmes stroke camps at the absolute discretion of England Programmes Open Water Technical Lead.

4.2.2 Up to four swimmers will be identified at the absolute discretion of the England Programmes Open Water Technical Lead.

5.0 Coach Selections

5.1 Selection of coaches to contribute to the delivery of camp activities will be made by the Team Leader of each specific event. Selections will seek to achieve a balanced staff to ensure quality of delivery and coach development outcomes.

5.2 Coaches interested in contributing to the camps or competitions as a member of staff should note their interest to an England Programmes Officer in the first instance.

5.3 To promote inclusion, coaches interested in attending any camp activities on a voluntary basis to assist or observe should note their interest to an England Programmes Officer.

6.0 General Conditions

6.1 All swimmers participating in England Programmes Activities must be eligible to represent England at international level.

6.2 World Class Programme swimmers are not eligible for selection.

6.3 Swimmers accepting selection will be expected to commit to all aspects of the programme. Including providing information when requested, attending the specific activity invited to (as detailed in selection letters) and maintaining a commitment to their own development in the sport.

6.4 Only swimmers selected will be notified by the ASA.

6.5 Any swimmer who has withdrawn or been excluded from past programme activities may be ineligible for selection.

6.6 Should further opportunities arise outside of this guidance document, England Programmes reserve the right to make further selections at the absolute discretion of the England Programmes Team Leader in consultation with the England Programmes Officers.

6.7 There shall be no right of appeal if a swimmer is unsuccessful in attaining a place with England Programmes.





Funding Partner



Official Partner



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