

Central Coast Council Squad Handbook



- Swimmer Development Pathways
- Squad Entrance Criteria
- Squad Training Expectations
- Peninsula Leisure Centre
- Gosford Olympic Pool
- Toukley Aquatic Centre and Wyong Pool

This handbook provides a comprehensive guide to the Central Coast Council Swim Squads. It also includes information about coaching, Squad aims, entrance criteria and session times.

Central
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Centres

TABLE OF CONTENTS

Central Coast Council Squad Mission Statement	03
Central Coast Council Squad Code of Conduct	04
Central Coast Council Squad Processes and Procedures	06
Central Coast Council Squad Criteria	07
Bronze Squad	08
Silver Squad	09
Gold Squad	10
Platinum High Performance Squad	11

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| MISSION STATEMENT

To instill a life-long love of swimming and to build a program of excellence in training, team unity, character development and family support where every swimmer has the opportunity to achieve their potential.

Our aim is to provide coaching services for aquatic sports, swimming, water polo, surf lifesaving, surfing and general fitness for the beginner to the elite.

PROGRAM OBJECTIVES

- Provide an appropriately graduated program of skill and physical development that suits the individual swimmer's age and level of physical maturity.
- The program requires commitment for the participants but also encourages swimmers, particularly those in the younger age groups to participate in a range of activities that will assist their physical and intellectual development.
- Develop lifelong skill of time management for balance in life, work and sport.
- Develop skills to handle success and failure in sport and in life.
- Develop a sense of commitment and self-reliance through patience, independence and hard work.
- Work together to help build the skills of a swimmer in the pool and help to give them guidance and support so they know they are part of a team.

CODE OF CONDUCT

The Essence of Australian Sport Code of Behavior.

ALL MEMBERS

- Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Display control and courtesy to all involved with the sport and respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
- Respect the decisions of officials, coaches and administrators in the conduct of the sport.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18 years.
- Adopt appropriate and responsible behavior in all interactions.
- Adopt responsible behaviour in relation to alcohol and other drugs.
- Do not tolerate harmful or abusive behaviours.

ATHLETES

- Swimwear of all swimmers should be appropriate and in good moral taste and suitable for the individual sports discipline
- Always give your best.
- Participate for your own enjoyment and benefit.
- Respect other people in your team and coaches both in the pool and outside of it.

COACHES

- Place the safety and welfare of the athletes above all else.
- Adhere to Council's code of conduct and values.
- Help each person (athlete, official etc.) reach their potential – respect talent, developmental stage and goals of each person. Encourage and compliment with positive, constructive and supportive feedback.
- Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
- Continuous and up to date knowledge of coaching and developments of the sport.

| CODE OF CONDUCT

Continued.

PARENTS/GUARDIANS

- Encourage children to participate and have fun.
- Focus on the child's effort and performance rather than winning or losing.
- Never ridicule or yell at a child for making mistakes or losing a competition.
- Act with integrity and objectivity and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment free environment.
- Respect the performances and efforts of all people.
- At training sessions, competitions or team conducted events, allow coaches and athletes the appropriate environment to train and perform to the best of their ability without distraction.

| PROCESSES AND PROCEDURES

- Prior to becoming a squad member, you must have completed an assessment and be graded into the appropriate level.
- All squad members are to supply their own equipment and not rely on the centre to provide equipment. This includes a spare cap and a spare set of goggles.
- Squad members must present their membership card at reception and be booked into appropriate session before swimming. If attending a session at Peninsula Leisure Centre you also have the option to book in with your membership card via the Self Service Kiosk situated opposite Reception.
- Squad members will be issued with a ticket at either Reception or the Self-Service Kiosk.
- These tickets will be collected by your coach before entering the pool for all sessions.
- All sessions must be paid for in advance by single session fees or relevant pass subscription. Payment can be made by either direct debit monthly payments or over counter monthly subscriptions. See Reception for current pricing.
- All coaches are fully qualified by ASCTA, possess current CPR qualification and a valid working with children clearance.
- Coaches attendance at carnivals will be determined by Centre management.
- Swimmers under 10 must be supervised by a parent or guardian during training sessions. Swimmers over the age of 10 can be placed in their session and picked up at the end by their parent/guardian.

COMMUNICATION WITH COACHES

- Swimmers and parents/guardians are encouraged to talk with their coaches about any issues, concerns, suggestions or difficulties they may be experiencing.
- It is requested that you approach the coaches either before or after training. If your discussions could take more than a few minutes, please arrange a time to meet when they have more time and can give you their undivided attention.
- Parents/guardians are asked not to speak with the coaches whilst training is in progress.

Central Coast Council Squad Criteria



BRONZE SQUAD

Bronze Squad is to further develop of the athlete by improving their skills for swimming.

For entry into the bronze squad the athlete must be able to complete the criteria set out for the bronze squad in a session.

SILVER SQUAD

Silver Squad is for the athlete who is preparing to commit to training for the future at a high standard of competition in the pool, surf carnivals and water polo.

GOLD SQUAD

Gold Squad is for the athlete that is competing at a high standard of competition in aquatic sports and commits to the requirements needed to attain a higher level.

PLATINUM SQUAD

Admission is by invitation by the Head Coach.

Contact your centre for a squad timetable.

In addition to the above criteria a discussion with the athlete and parent/guardian is to happen before advancing swimmers into higher level squads.



SQUAD CRITERIA

Execute the swimming strokes during a training session.

All swimmers are expected to handle sets such as:

- 200 freestyle with tumble turns and good technique and bi- lateral breathing (short course).
- 4 x 100 freestyle on 2.30 minutes.
- 8 x 25 IM on 45 seconds.
- 200 kick each stroke (freestyle, backstroke, breaststroke) and dolphin kick (with fins).
- Time trial 100 freestyle sub 2 minutes (short course).
- All set requirements must be with correct stroke technique.

Execute a race start for all strokes.

Understanding the requirements for leaving the wall after the turn for all strokes and show their basic execution.

- Butterfly – streamline underwater push off and execute several fly kicks.
- Backstroke – release hands from wall showing a back arch, then whilst under water streamline and fly or freestyle kick to flags before surfacing into single arm swimming.
- Breaststroke – push and glide (count to five) then pull arms down to legs and hold position (count to three) return to streamline position towards surface as you perform the kick then breath on first stroke
- Freestyle – streamline underwater then execute the dolphin kick minimum three kicks before surfacing.

TRAINING EQUIPMENT

- Water bottle
- Goggles
- Swim cap
- Fins
- Kick board



SQUAD CRITERIA

Silver Squad is for the swimmer that is serious about striving to compete at a high standard of competition in swimming, surf, water polo or other aquatic related sports.

For selection into the Silver Squad, athletes must meet the following criteria:

- Recommend training on average three sessions a week in the pool (younger swimmers may do fewer after discussion with the coach).
- Learn and execute a pre-training dryland program.
- Proficient in all four strokes.
- Demonstrate turns for all strokes and the medley.
- Complete the training sets during the session.
- 200 kick freestyle under 4.45 minutes (short course).
- Time trial for 200 freestyle under 3.30 minutes (short course).

TRAINING EQUIPMENT

- Water bottle
- Goggles
- Swim cap
- Fins
- Kick board
- Pull buoy



SQUAD CRITERIA

Gold Squad is for the athlete that is competing at a high standard of competition in aquatic sport.

- Be actively competing at State or National level in the pool, surf, high-level water polo, Triathlon, Pentathlon.
- Recommend attending two morning sessions per week and an average of five sessions per week in the pool as agreed upon by the coach and swimmer.
- Maintain a high standard of completion of the training sets.
- Understand the training intensity levels used in the sessions.
- Continue training during school holidays.
- Learn and execute a pre-training dryland program.
- Complete 800 freestyle time trial under 12 minutes (long course) with correct stroke technique.
- 400 kick freestyle under 8 minutes (long course).
- Consult the coach during injury time and undertake action for rehabilitation.

TRAINING EQUIPMENT

Have a complete set of personnel swimming training equipment:

- Water bottle
- Goggles
- Swim cap
- Short fins
- Kickboard
- Pull buoy
- Snorkel
- Paddles
- Exercise roller

PLATINUM SQUAD



PENINSULA LEISURE CENTRE ONLY.

SQUAD CRITERIA

Platinum squad members train with the highest level of commitment to their sport.

- Attend the number of sessions discussed with the coach.
- Have a strength and conditioning programmer.
- Regular consultation with key stakeholders for their sport.
- Understand the training intensity levels used in the program.
- Complete dryland pre-training exercises at every session.
- Attend specific training sessions as directed by the head coach.
- Consult the coach during injury time and undertake action for rehabilitation.

Compete at Australian open level

- Swimming – qualifies in multiple events at the Australian level.
- Para swimming – Australian Open Para team.
- OWS – Top 10 finisher in the 5k and or 10k at Australian Open Water Championships
- Surf lifesaving – compete in the open individual events and place in the final top 8.
- Water Polo – in a national league or Australian youth team and attends five swim sessions.

TRAINING EQUIPMENT

Have a complete set of personal swimming training tools including:

- Water bottle
- Snorkel
- Goggles
- Paddles
- Swim cap
- Exercise roller
- Short fins
- Polar OH1 Plus heart rate monitor
- Kick board
- Ankle band
- Pull bouy