

PCS

Squad Details

2018/19



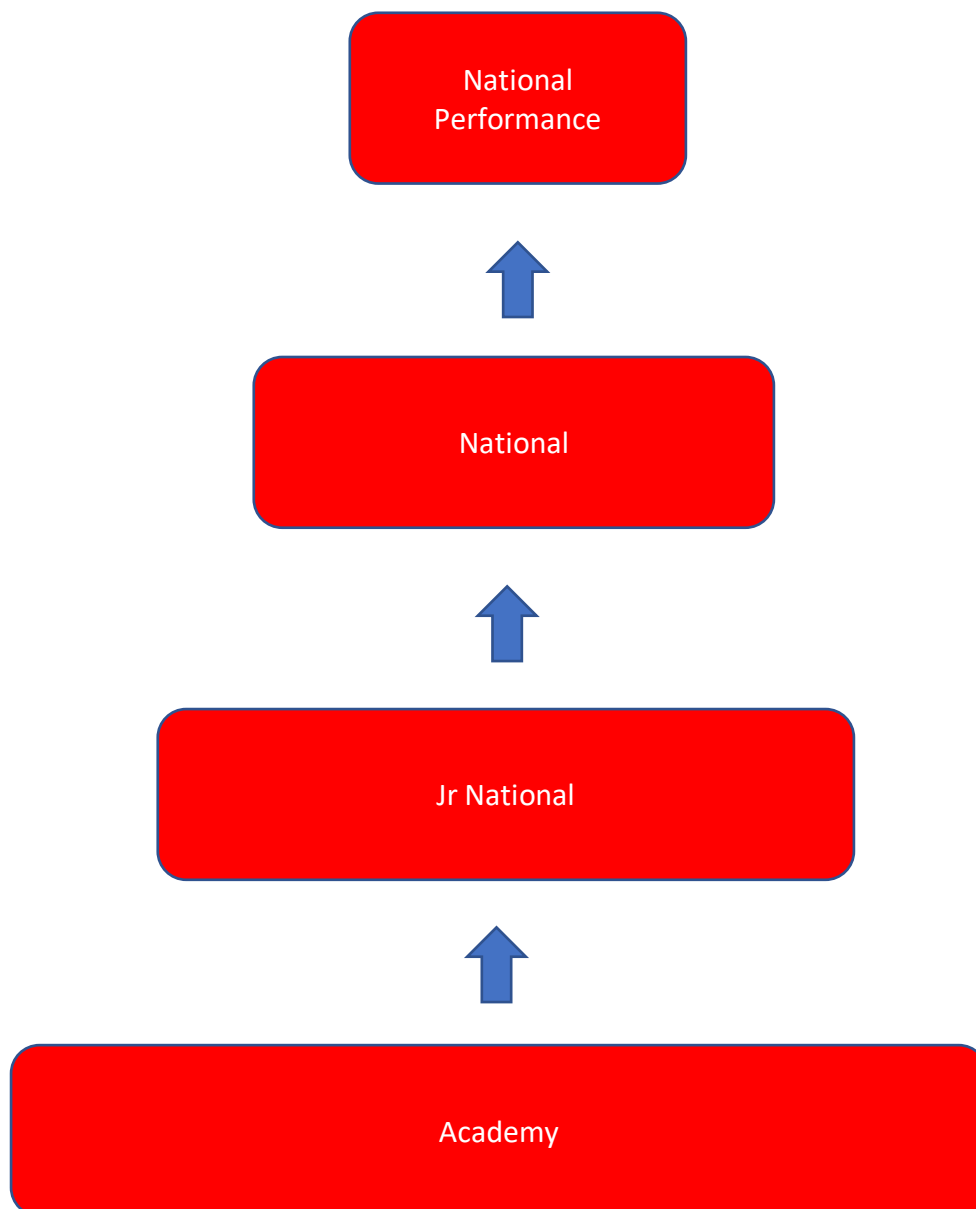
Updates.

- In previous years we have used a split academy (Jr and Sr). Due to poor attendance of both we now only be running 1 academy group for those aged 12 years and under
- Selection will not be based on time. This will allow swimmers to focus on the process. This will allow them to have a longer career in swimming, achieving better long-term results.
- Continual selection periods will allow squads to remain full at all times, meaning more swimmers get more opportunities.
- Slight change in age bands of squads to fit in the profile of swimmers currently on the pathway.



Squad Structure 2018/19.

PCS squads have been put in place to allow swimmers in Pembrokeshire to become the “best version of themselves”. This is done by using professional coaches and a structured performance training program.



National Performance Selection Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 The Swim Wales "Winning Behaviors" policy will be used to aid selection.
 - 1.3 Swimmers must be at a minimum standard of Drill progression 6 on a least 2 strokes as well as at 4 on the other two strokes.
 - 1.4 Swimmers must be Welsh Ranked in the top 10 for their age band to be considered for selection.
 - 1.5 Squad places will be continually reviewed throughout the season.
 - 1.6 The Squad will be selected from scratch each selection.
 - 1.7 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
 - 1.8 Trial sessions will be offered to swimmers who are currently not in PCS squads upon request.
2. Squad size
 - 2.1 Maximum squad is will be 10 swimmers.
3. Age Bands
 - 3.1 Squad age will be 14-year-old plus
4. Documents and commitments
 - 4.1 Swimmers must have filled out **ALL** documents and returned them to the coaching team before entering the squad; a 1-week trial period will be allowed to get these signed.
 - 4.2 Swimmers must attend all and only meets set out by the coaching team on the PCS meet calendar.
 - 4.3 Swimmers are not permitted to swim with any other club apart from PCS and home clubs, at meets on the PCS calendar.
 - 4.4 Swimmers must have an attendance of over 85% at all times of the amount of training (pool and land) set out by the coaching team on an individual basis. Failure to maintain this may result in the swimmer's place being revoked.
 - 4.5 Swimmers must train at a level seen to be acceptable by the coaching team. Failure to do so may result in the swimmer's place being revoked.
 - 4.6 Swimmers must exhibit a rising performance profile (or at the very least a stable performance profile at sufficient standard). Failure to do so may result in the swimmer's place being revoked.
 - 4.7 Swimmers must plan with the squad coach any sessions to be missed during exam times.
5. Injury
 - 5.1 Swimmers with long term injuries may be asked to train with alternate squads until such times as the coaching team is happy they are ready to return to the squad. This will be dealt with on a case-to-case basis.
 - 5.2 Swimmers returning from injury will have goals set for training by the coaching team to retain their place within the squad.
6. Land Training
 - 6.1 Land training will be counted in the swimmer's overall attendance.
 - 6.2 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmer's place being revoked.
 - 6.3 Swimmers must arrange alternative sessions when Saturday SAW sessions aren't available.



National Performance Squad Details

Training Plan

Mon AM	Tue AM	Wed AM	Thur AM	Fri AM	Sat AM	Sun AM
5:40-8:00am	Off	5:40-8:00am	Off	5:40-8:00am	6:40-9:00am	Off
Dance Studio/Pool	N/A	Dance Studio/Pool	N/A	Dance Studio/Pool	Dance Studio/Pool	N/A
Monday PM	Tue PM	Wed PM	Thur PM	Fri PM	Sat AM 2	Sun PM
4:45-7:40pm	4:45-7:30pm	4:45-7:40pm	4:45-7:30pm	4:45-7:40pm	9:15-10:15am	Off
Easyline/ Pool	Pool	Easyline/ Pool	Dance Studio/Pool	Dance Studio/Pool	SAW	N/A

*Swimmers must fit in any extra SAW sessions in their own time, agreed with both Squad and SAW coaches.

Equipment:

Swimmers will be expected to have the following equipment in full working order, any broken kit must be replaced asap as it will hinder the swimmers long term development.

- Snorkel
- Fins (Short and soft rubber)
- Paddles (Finger and age appropriate)
 - Pull Buoy
 - Band
- Streamline kickboard (large kick boards will not be used)
- *HR monitor (Optional, please see website for recommended versions)
- Appropriate foot and gym kit for all land training sessions (School uniforms are not suitable)
 - Skipping rope
 - Foam Roller
 - Tennis ball
- Water bottle (1 litre/sessions minimum)
- Notebook x2 to record gym sessions/Goal settings and day to day training details.

Cost/Hours:

Tier 7: £44.50 (25.5hrs average/week)

**Final Squad Pool Times may change for September; however, hours of training will remain the same.*



National Squad Selection Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 The Swim Wales "Winning Behaviors" policy will be used to aid selection
 - 1.3 Swimmers must be at a minimum standard of Drill progression 4 on all strokes.
 - 1.4 Squad places will be continually reviewed throughout the season
 - 1.5 The Squad will be selected from scratch each season.
 - 1.6 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
 - 1.7 Trial sessions will be offered to swimmers who are currently not in PCS squads upon request.
2. Squad size
 - 2.1 Maximum squad is will be 12.
3. Age Bands
 - 3.1 Squad age will be 11-15.
4. Documents and commitments
 - 4.1 Swimmers must have filled out **ALL** documents and returned them to the coaching team before entering the squad; a 1-week trial period will be allowed to get these signed.
 - 4.2 Swimmers must attend all and only meets set out by the coaching team on the PCS meet calendar.
 - 4.3 Swimmers are not permitted to swim with any other club apart from PCS and home clubs, as per the PCS calendar.
 - 4.4 Swimmers must have an attendance of over 85% at all times of the amount of training (pool and land) set out by the coaching team on an individual basis, Failure to maintain this may result in the swimmer's place being revoked.
 - 4.5 Swimmers must train at a level seen to be acceptable by the coaching team. Failure to do so may result in the swimmer's place being revoked.
 - 4.6 Swimmers must exhibit a rising performance profile (or at the very least a stable performance profile at sufficient standard). Failure to do so may result in the swimmer's place being revoked.
 - 4.7 Swimmers must plan with the squad coach any sessions to be missed during exam times.
5. Injury
 - 5.1 Swimmers with long term injuries may be asked to train with alternate squads until such times as the coaching team is happy they are ready to return to the squad. This will be dealt with on a case-to-case basis.
 - 5.2 Swimmers returning from injury will have goals set for training by the coaching team to retain their place within the squad.
6. Land Training
 - 6.1 Land training will be counted in the swimmer's overall attendance.
 - 6.2 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmer's place being revoked.
 - 6.3 Swimmers must arrange alternative sessions when Saturday SAW sessions aren't available.



National Squad Details

Training Plan

Mon AM	Tue AM	Wed AM	Thur AM	Fri AM	Sat AM	Sun AM
5:40-8:00am	Off	5:40-8:00am	Off	5:40-8:00am	6:40-9:00am	Off
Dance Studio/Pool	N/A	Dance Studio/Pool	N/A	Dance Studio/Pool	Dance Studio/Pool	N/A
Monday PM	Tue PM	Wed PM	Thur PM	Fri PM	Sat AM 2	Sun PM
4:45-7:40pm	4:45-7:30pm	Off	4:45-7:30pm	4:45-7:40pm	9:15-10:15am	Off
Pool	Pool	N/A	Dance Studio/Pool	Dance Studio/Pool	*SAW	N/A

*Swimmers must fit in any extra SAW sessions in their own time, agreed with both Squad and SAW coaches.

Equipment:

Swimmers will be expected to have the following equipment in full working order, any broken kit must be replaced asap as it will hinder the swimmers long term development.

- Snorkel
- Fins (Short and soft rubber)
- Paddles (Finger and age appropriate)
 - Pull Buoy
 - Band
- Streamline kickboard (large kick boards will not be used)
- *HR monitor (Optional, please see website for recommended versions)
- Appropriate foot and gym kit for all land training sessions (School uniforms are not suitable)
 - Skipping rope
 - Foam Roller
 - Tennis Ball
- Water bottle (1 litre/sessions minimum)
- Notebook x2 to record gym sessions/Goal settings and day to day training details.

Cost/Hours:

Tier 6: £40.25 (21.5hrs average/week)

**Final Squad Pool Times may change for September; however, hours of training will remain the same.*



Jr National Selection Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 The Swim Wales "Winning Behaviors" policy will be used to aid selection.
 - 1.3 Swimmers must be at a minimum standard of Drill progression 3 on all strokes.
 - 1.4 Squad places will be continually reviewed throughout the season.
 - 1.5 The Squad will be selected from scratch each September.
 - 1.6 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
 - 1.7 Trial sessions will be offered to swimmers who are currently not in PCS squads upon request.
2. Squad size
 - 2.1 Maximum squad is will be 14.
3. Age Bands
 - 3.1 Squad age will be 13 and under.
 - 3.2 Swimmers squad place will be reassessed when they turn 14.
4. Documents and commitments
 - 4.1 Swimmers must have filled out **ALL** documents and returned them to the coaching team before entering the squad; a 1-week trial period will be allowed to get these signed.
 - 4.2 Swimmers must attend all PCS meets they are selected for by the PCS coaching team.
 - 4.3 Swimmers must have an attendance of over 85% of all sessions with PCS at all times (pool and land), failure to maintain this may result in the swimmer's place being revoked.
 - 4.4 Swimmers must train at a level seen to be acceptable by the coaching team. Failure to do so may result in the swimmer's place being revoked.
 - 4.5 Swimmers must complete all of their club hours to gain access to Jr National sessions, this includes late finished. Swimmer adhering to this will have there squad place revoked.
5. Injury
 - 5.1 Swimmers with long term injuries may be asked to train with alternate squads until such times as the coaching team is happy they are ready to return to the squad. This will be dealt with on a case-to-case basis.
 - 5.2 Swimmers returning from injury will have goals set for training by the coaching team to retain their place within the squad.
6. Land Training
 - 6.1 Land training will be counted in the swimmer's overall attendance.
 - 6.2 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmer's place being revoked.



Jr National Squad Details

Training Plan

Mon AM	Tue AM	Wed AM	Thur AM	Fri AM	Sat AM	Sun AM
Off	5:40-7:30am	Off	Off	Off	6:40-10:00am	Off
N/A	Dance Studio/Pool	N/A	N/A	N/A	Dance Studio/Pool/Sports Hall	N/A
Mon PM	Tue PM	Wed PM	Thur PM	Fri PM	Sat PM	Sun PM
Off	Off	4:45-7:30pm	Off	Off	Off	Off
N/A	N/A	Pool	N/A	N/A	N/A	N/A

Equipment:

Swimmers will be expected to have the following equipment in full working order, any broken kit must be replaced asap as it will hinder the swimmers long term development.

- Snorkel
- Fins (Short and soft rubber)
- Paddles (Finger and age appropriate)
 - Pull Buoy
 - Band
- Streamline kickboard (large kick boards will not be used)
- Appropriate foot and gym kit for all land training sessions (School uniforms are not suitable)
 - Foam Roller
 - Water bottle (1 litre/sessions minimum)
 - Note book to record day to day training details

Cost/Hours:

Tier 5: £36.00 (8 hrs average/week) + Club sessions.

**Final Squad Pool Times may change for September; however, hours of training will remain the same.*



Academy Selection Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 Swimmers will be selected based on a trial session in late August.
 - 1.3 Top 20 Swimmers ranked SC and LC in the 200 IM and 200 Free for 10 and under/11/12 ages bands will be invited trials.
 - 1.4 Development clubs may also select wild cards to attend the session The Swim Wales "Winning Behaviors".
 - 1.5 Repeat trials will be offered throughout the season.
 - 1.6 The Swim Wales "Winning Behaviors" policy and the Drill Progression pathway will be used to aid selection.
 - 1.7 Squad places will be continually reviewed throughout the season.
 - 1.8 The Squad will be selected from scratch each Season.
 - 1.9 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
2. Squad size
 - 2.1 Maximum squad size will be 32.
3. Age Bands
 - 3.1 Squad age will be 12 and under.
 - 3.2 Swimmers squad place will be reassessed when they turn 13.
4. Documents and commitments
 - 4.1 Swimmers must have filled out **ALL** documents and return them to the coaching team before entering the squad; a 1-week trial period will be allowed to get these signed.
 - 4.2 Swimmers must attend all PCS meets they are selected for by the PCS coaching team.
 - 4.3 Swimmers must have an attendance of over 85% of all sessions with PCS at all times (pool and land). Failure to maintain this may result in the swimmer's place being revoked.
 - 4.4 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmer's place being revoked.
5. Injury
 - 5.1 Swimmers with long term injuries may be asked to train with alternate squads until such times as the coaching team is happy they are ready to return to the squad. This will be dealt with on a case-to-case basis.
 - 5.2 Swimmers returning from injury will have goals set for training by the coaching team to retain their place within the squad.



Academy Squad Details

Training Plan

Mon AM	Tue AM	Wed AM	Thur AM	Fri AM	Sat AM	Sun AM
Off	Off	Off	Off	Off	7:00-9:20am	Off
N/A	N/A	N/A	N/A	N/A	Dance Studio/Pool	N/A
Mon PM	Tue PM	Wed PM	Thur PM	Fri PM	Sat PM	Sun PM
Off	Off	Off	Off	Off	Off	Off
N/A	N/A	N/A	N/A	N/A	N/A	N/A

*class room sessions will be ran once per month for both swimmers and parents.

Equipment:

Swimmers will be expected to have the following equipment in full working order, any broken kit must be replaced asap as it will hinder the swimmers long term development.

- Snorkel
- Fins (Short and soft rubber)
 - Pull Buoy
 - Band
- Streamline kickboard (large kick boards will not be used)
- Appropriate foot and gym kit for all land training sessions (School uniforms are not suitable)
 - Water bottle (1 litre/sessions minimum)
 - Note book to record day to day training details

Cost/Hours:

Tier 4: £31.75 (2.5 hrs average/week) + Club sessions.



Long Course Training Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 Swimmers from National Performance, National and Jr National may all be selected.
 - 1.3 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
 - 1.4 Swimmers must have an attendance of 85% to attend LC Training.
 - 1.5 Swimmers returning from injury or illness may be selected with less than 85% attendance at the Head coach's discretion.
 - 1.6 Swimmers must be injury/illness free to attend LC Training.
2. Squad size
 - 2.1 Maximum swimmers that can attend LC Training will be 24.
3. Age Bands
 - 3.1 All ages of swimmer may be selected.

Long Course Training Details.

- Long Course training will take place at the WNP Swansea (SA2 8QG)
 - Pre-pool will start at 8:30am
 - Pool session will run from 9-11am
 - Post pool will run from 11:00-11:30am
- This session will be a joint session with Nofio Sir Gar
 - Swimmers are expected to bring all training kit
- Swimmers are expected to wear PCS kit (cap and clothing)

Long Course Training Dates 2018/19.



Warm Weather Training Policy.

1. Selection details
 - 1.1 Swimmers will be selected using the coaching team's discretion.
 - 1.2 Swimmers from National Performance, National may all be selected.
 - 1.3 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming manager.
 - 1.4 Swimmers must have an attendance of 85% to be selected for Warm weather training.
 - 1.5 Swimmers returning from injury or illness may be selected with less than 85% attendance at the Head coach's discretion.
 - 1.6 Swimmers must be injury/illness free.
 - 1.7 Swimmers will be preselected one year prior to the camp.
 - 1.8 Swimmers will then have confirmation of their place 3 months prior to the trip.

2. Squad size
 - 2.1 Maximum swimmers that can attend LC Training will be 16.

3. Age Bands
 - 3.1 All ages of swimmer may be selected.

