



Emma Hutchinson, Managing Director  
Orford Jubilee Neighbourhood Hub  
Jubilee Way, Orford  
Warrington, WA2 8HE

1<sup>st</sup> July 2017

Dear Parent,

To confirm squad criteria for 2017 / 2018. The aim of the performance swimming squads is to allow talented swimmers the pathway to achieve excellence in the pool, Within the last 10 years we have achieved:

- \* 2016 European Bronze medallist 100 Bk 59.64 (Top Ten World Ranked Swim)
- \* 2016 European Gold Medallist 4x100 IM Team
- \* Top Swimming Club in Cheshire 4 years consecutively
- \* Only club in the North West to place two swimmers on a Commonwealth Games team 2014
- \* 4 British Records
- \* Numerous Scottish Records
- \* 1 English Record

Congratulations to this year's National Qualifiers who are:

Brittish Qualifiers

Alex Watkinson  
Caitlyn Shingler  
Coral Farrell  
Gabby Melbourne – Smith  
Hugh Takemoto  
Mathew Domville  
Shannon Campbell

Home Nations Qualifiers

Beatrice Clover  
Charis Davidson  
Jacob Wass  
Martha Hurst  
Olivia Molden  
Olivia Walsh  
Shannon Topliss  
Tyler Melbourne – Smith

To gain the level of international swimming developed in Warrington is a journey that has taken over 10 years. This level of swimming doesn't happen overnight and in the main involves a lot of difficult times along the way to eventually get to the level at which an athlete will perform on an International stage. Any athlete or individual must endure the setbacks to, at some point in the future experience how it feels to be a success. How an athlete deals with setbacks will ultimately define how far they will go in any sport / life.

### **Clarification of Squad Moves 2017 / January 2018**

Squad moves will take place in September 2017 and January 1<sup>st</sup>, 2018. **All swimmers ages are based on age as at 31/12/17 to fall into line with National Competitions. (It should be pointed out also that there is no such thing as a 'poor' birthday. (Swimmers who have committed to the sessions and have put in the relevant work will achieve squad times irrelevant of when they were born).**

All swimmers movements between squads are based on the following criteria:

Attendance

Attitude

Ability

### **National Elite**

Swimmers in National Elite will need to have been selected for British Summer Championships and achieved the 3 A's. Swimmers who don't get selected to swim at British Champs will go into National Development if they don't have a top 24 Ranking by the end of Home Nations 2017. Swimmers in this squad must be willing to do 9/10 sessions per week. Please note even though a swimmer may have been selected for British Champs 2017 this may not necessarily mean they will be going into this group. This will be dependent on the 3 A's.

### **National Development**

Swimmers in National Development must have a National Squad time (please see Warriors web site). Swimmers who achieve Home Nations selection and are 13 + will be offered a place in this squad and must be willing to attend 9 sessions per week every week which will also include the Mon, Tue, Thurs & Sat mornings.

Please note from September 1<sup>st</sup>, 2017 that swimmers who are 13+ as at 31/12/17 will be expected to swim the above 9 sessions per week. Swimmers who do not wish to attend the morning/ evening sessions will be placed into 'A' squad.

Only swimmers in Nationals and National Elite will be offered the opportunity to swim in a Distance Group. Only swimmers who have the relevant squad time will be offered the opportunity to train in this squad.

(please note that swimmers will move up into this squad if they have the maturity / ability to do the sessions as well as having a squad time. Swimmers need the ability to swim to a high level and the mental attitude to deal with the hard, intensive pressures of training, and so will stay in 'A' squad until we feel they can cope with this.

## **“A” Squad**

Swimmers who have been in this squad a minimum of 6 months and are age 11+. as at the 31<sup>st</sup> December will be expected to have achieved a minimum of 1 “A” Squad time by the end of the year. The final galas for achieving these times will be the Percy Mason Meet / Wirral December Meet / Leeds Open Meet in December 2017. Please note that swimmers who do not achieve a minimum of 1 “A” squad time will move into Gold Squad from January 1<sup>st</sup> 2018. Please note there will be no time extension on achieving these times being, as with hard work and minimum talent they are achievable.

Please also note that swimmers who do get offered a place within “A” squad will be expected to attend 4 evening sessions per week. Swimmers who cannot or do not want to attend these sessions have the option of swimming in Gold Squad where they can train as often as they wish. Swimmers in the above squads are expected to choose swimming as their number 1 sport and past time and can commit to it accordingly. Swimmers who do not wish to commit to the sessions will follow the path of Gold and Silver Squad. Swimmers will be selected for this squad in the event of swimmers not having a qualifying time initially by their British Ranking <https://www.swimmingresults.org/12months/> This squad will be limited to 42 in total.

Please note that swimmers who didn't achieve times in December 2016, but did achieve in the new year up until May will not have any time extension this year. The swimmers who didn't achieve their time last December must have achieved their relevant squad time by December 2017 with no extension being given into 2018. The option of going into additional sessions will only be given to morning sessions due to a restructure of water time on Wednesday and Fridays nights 'A' squad sessions.

## **“AA”**

In the previous 12 months, swimmers have been offered the chance to step up into 'A' squad sessions. From September, this will be purely based on swimmer's rankings in their age and the 3 'A's. Swimmers who don't get offered step up sessions in September but had previously been accessing step up sessions will be offered additional water time in Gold Squad.

Swimmers in this squad can follow two routes, which are Gold or 'A' Squad. Swimmers who are 12+ in this squad who haven't achieved “AA” times by the end of the year will be moved into Gold Squad if they are 13 in the year 2018. This will allow them adequate water time and regular 2 hour sessions so as to keep up with other swimmers in their age groups. (please note swimmers in this squad who do not currently attend all the sessions they have on offer will not be offered step up sessions into 'A' Squad. Also swimmers who have been offered step up sessions for example one session per week with 'A' Squad and declined the offer will follow the route of Gold Squad).

Swimmers in this squad must commit to doing the Wednesday pm session with the Thursday am session back to back in prep for moving up into 'A' squad. Swimmers will be selected on the 3'A's as other squads, with swimmers with the drive and dedication to improve given priority for move - ups.

## **“B1” Squad**

Swimmers in this squad aged 12 by the end of the year will be expected to have achieved a minimum of a “B1” time by the end of December 2017. Swimmers aged 13 in the year 2018 will be moved into Gold Squad to give them the option of more water time and opportunities to progress.

## **“B2” Squad**

Swimmers progression from this squad is as the others 3 ‘A’s. Parents and swimmers who commit to the sessions and continue to attend on a regular basis including the weekday early morning session will be considered for any squad moves. Parents must be aware that to progress from this squad their child must be keen to work hard on challenging sets and be willing to listen and apply instructions that they are given. Swimmers will move up when they are assessed as mature enough or until they are 12 and they are moved into Gold Squad.

Swimmers in this squad are expected to do back to back sessions on a Tuesday as is “B1” squad and swimmers will be offered more water time when they utilise the sessions they already have on offer to them. The progression from “B2” squad can either be to “B1” Squad, Silver or Gold Squad dependent on the 3A’s.

## **‘C’ Squad**

Swimmers in this squad, If they wish to progress into “B” Squads are expected to attend the Tuesday am session in preparation for other squad swimming. “C” Squad is a skill development squad where swimmers learn the skills that will help them swim at National / International Level. Swimmers will only be moved into ‘B2’ squad in the event of them attending the Tuesday morning session. Swimmers who don’t wish to attend the early morning, can stay in this squad until they are 10 and then will either progress to Silver or Gold Squad.

## **Gold & Silver Squad**

Is an interim squad where swimmers have adequate water time, to still train to swim at any level of the sport if they wish to attend the sessions. These squads have no criteria on the number of sessions attended per week.

Parents are reminded that as part of the Livewire Performance programme their children are expected to swim in team Galas when selected. Swimmers who refuse and have other commitments and so let the team down will lose their position within these squads. Parents are also reminded that they are accountable for the way their children train. Training within these squads does need the support of the parents to watch the sessions and be constantly encouraging their swimmer to give their best on quality sets when swimmers are expected to be putting in effort. Parents are requested to stay for sessions rather than ‘drop off and pick up’. The swimmers are expected to be competitive and be willing to push themselves within the sessions.

## Competition Year

Livewire squads follow a 3-cycle year based around approx. 3 x 15 / 20 week blocks as follows:

Sep – Dec (Percy Mason / Wirral / British Champs / Leeds)

Jan – April (Wrexham /City of Manchester /Stockport / British Champs)

May – July / Aug (Rotherham / Home Nations Meets / British Champs)

Please note Welsh Nationals is an open meet for any swimmers to enter who have the relevant times to do so and is a great opportunity for young swimmers to gain experience of a National Championships.

Parents should be aware that the meets outlined are rested meets. Competitions which fall between these meets are supplementary meets that **will not** be rested for. Parents who rest their children prematurely (i.e. miss sessions during the week prior to comps) will find their children won't see any or very little adaptation to training if they rest them early in the comps they are meant to swim well at. Badge Galas should be trained through with all squad swimmers participating for their own development on their weaker strokes. Parents who are willing to challenge their children and see the benefit of hard work paying off usually find their children being the most successful within this sport.

Cheshire County Championships in early 2018 will need swimmers to have achieved qualifying times in comps prior to entering. One the best competitions to have achieved this will be the Liverpool and Districts where most swimmers will be able to enter in October.

Finally, swimmers within the following squads must have swam at some point before December 31<sup>st</sup> 2017 the following events to continue in their current squad.

National Elite	1500m Free Male 800m Free Female	400 IM
National Development	1500m Free Male 800m Free Female	400 IM
"A" Squad	1500m Free Male 800m Free Female	400 IM
"AA" Squad	400 Free as minimum	400 IM & 200 IM
"B1" Squad	Swimmers aged 10+ 200 Free	200 IM swimmers age 10+

Parents should also be aware that all swimmers within these squads are coached the following skills to amongst others:

- Dive: Be able do 15 Fly kicks into either Butterfly or Free off race start.  
Back Start: Be able to do a minimum of 15 fly kicks off a race start.  
Turns: Be able to make a minimum of 5 metres off a push off on all strokes with the correct under water phase as per stroke.

Swimmers who show a high skill level and the ability to take on board instructions and apply them within racing and training will be fast tracked within the programme. Only swimmers who can do the above skills will move into the top squads. Parents will need to continually encourage the above skills and ensure their child uses them constantly in racing and training if they wish for their child to be successful.

May I take this opportunity to wish all our Parents and swimmers a successful season ahead.

Yours sincerely,

Darren Ashley  
Head Swimming Coach  
[dashley@livewirewarrington.org](mailto:dashley@livewirewarrington.org) / [headcoach@wowsc.org.uk](mailto:headcoach@wowsc.org.uk)

Telephone: 01925 813 939 – choose option / 07717558369

Postal Address: Woolston Neighbourhood Hub, Hall Road, Woolston,  
Warrington, WA1 4PN