



CULTS OTTERS ASC

Squad Structure & Guidelines

DEVELOPMENT SECTION

The club provides swimming instruction to children who have mastered the basic strokes and who wish to improve their technique with a view to becoming competitive swimmers. There are 2 levels in the Development section, Orcas and Cubs. Children who meet the selection criteria are invited for a trial with one of the development squads and depending on ability may progress from swimming lessons into Orcas, Cubs or JS1.

Orcas

The Orcas swim 1 hour each week, either half-lengths or lengths depending on the stroke or skill being taught. Good technique in each stroke is established before progressing fully to lengths. Orcas swim at 2 Fun Galas each year. The emphasis is on participation & having fun. Orcas entry requirements: Swim 2x25m Front crawl, 2x25m Backstroke, 15m Breaststroke, 10m Butterfly and kick 25m Butterfly showing a good basic technique

Orca Guidelines

1. Attend regularly and be willing to listen and learn
2. Always bring water bottle & spare goggles.
3. Enter Development Fun Galas.

Cubs

Cubs swim twice a week. The emphasis is on improving technique, including turns and dives, and maintaining good technique over slightly longer distances. Cubs start to learn lane discipline, how to use the pacing clock and the basic competition rules. They swim in the Fun Galas and swimmers aged 8 or over also swim in the Club Championships.

Cubs entry requirements: Swim 50m Front crawl, 50m Backstroke, 25m Breaststroke, 15m Butterfly and kick 2x25m Butterfly showing a good technique and attempting correct turns.

Cubs Guidelines

1. Attend both Cubs sessions and be willing to listen and learn.
2. Always bring water bottle, fins & spare goggles.
3. Enter Fun Galas and/or Club Champs & Novice Galas as advised by coaches.

COMPETITIVE SECTION

JS1 – Junior Squad 1

JS1 is the first competitive squad level. Swimmers continue to focus on improving swimming skills and stroke technique. Short skill-based training sets are introduced to develop all four swimming strokes. Swimmers now swim three times each week and are introduced to one early morning of training. Swimmers compete in local novice and graded galas, beta leagues and the Club Championships.

JS1 Guidelines

1. Attend 2 of the 3 training sessions initially, increasing to all sessions prior to promotion to JS2.
2. Always bring water bottle, fins & spare goggles to training.
3. Enter 1 to 2 galas per term as advised by squad coach.
4. Show positive attitude towards training and competition.



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JS2 – Junior Squad 2

Swimmers move into JS2 when they have mastered the basic techniques and need to start improving stamina and training ability. Swimmers continue to work on stroke technique and some endurance work is introduced. To start developing racing skills it is important that at this level swimmers take a more active role in galas and commit to attend Beta League matches and recommended graded galas, both locally and further afield (e.g. Inverness, Forres, Buckie and Peterhead), in addition to the Club Championships. Land training is also introduced to begin to further develop core strength, coordination, agility and teamwork.

JS2 Guidelines

1. Attend 75% of all available training sessions.
2. Always bring water bottle, fins, kickboard & spare goggles to training.
3. Enter 2 to 3 galas per term as advised by squad coach.
4. Show positive attitude towards training and competition.

JS3 – Junior Squad 3

Swimmers move into JS3 when they are ready to develop into more competitive swimmers. The primary focus is still on improving stroke technique but now aiming to hold good technique over longer distances. More advanced training sets and endurance training are introduced. Swimmers attend one early morning session and now train five times each week in the pool together with the hour of land-based training introduced in JS2. Swimmers start to compete at open age group meets and aim to qualify and compete at district level meets. Swimmers performance is monitored by regular marker sets and at competition

JS3 Guidelines

1. Attend 80% of all available training sessions.
2. Always bring water bottle, fins, kickboard, pullbouy, snorkel & spare goggles to training.
3. Enter any target meet as advised by the coach and any North District events when qualifying times have been achieved. Minimum of 2 to 3 meets per term.
4. Show positive attitude towards training & competition, taking responsibility for own fitness.

JS4 – Junior Squad 4

Swimmers are promoted to JS4 once they start to work more independently and show they can focus & train hard, have a positive attitude and are regularly competing at District Level. JS4s swim 6 times each week, including 2 early morning sessions, and also attend a land training session. Building on the skills learnt in JS3, the JS4s continue to focus on technique, endurance & speed and on pacing & racing skills. Swimmers continue to compete at local & District Level, with an occasional gala out of District, and aim to qualify for the Scottish National Age Group Meet.

JS4 Guidelines

1. Attend 80% of all available training sessions.
2. Always bring water bottle, fins, kickboard, pullbouy, snorkel & hand paddles to training.
3. Enter any target meet as advised by the coach and North District or National events when qualifying times have been achieved. Minimum of 2 to 3 meets per term.
4. Show positive attitude towards training & competition. Take responsibility for own fitness.



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Youth Squad – YS

The Youth Squad is for teenage competitive swimmers who wish to cut back on training hours because of exam or other commitments but who still want to compete and train hard. Entry to the squad is from JS4 or University of Aberdeen Performance squads. The squad swims three times each week and focuses on endurance, speed, race & stroke skills working towards a minimum of one meet each term (including the Club Champs). Swimmers are encouraged to participate with the tuition of younger swimmers and to take swimming teaching qualifications.

YS Guidelines

1. Attend 2 of the 3 training sessions.
2. Always bring water bottle, fins, kickboard, pullbouy & spare goggles to training.
3. Enter a minimum of 1 gala per term as advised by squad coach.
4. Show positive attitude towards training & competition. Take responsibility for own fitness.

CC – Club Connect

JS3/4 swimmers with great attitude, focus, work ethic and attendance may be offered an extra swim session with the University of Aberdeen's Performance Program. Similar swimmers from each of the University's partner clubs train together once each week and are coached by the University's performance coaches.

CC Guidelines

1. Communicate with both Cults Otters and UoA coaches.
2. Maintain JS4 attendance (CC is an additional training session to the regular program)
3. Take responsibility for your training and goals.

UoA – University of Aberdeen Performance Swim Team

JS3/4 swimmers achieving National event qualification times or several District Championship times may be considered for promotion to UoA. Selection is based on the swimmer's endeavors in the CC squad and on their attitude, training ability, attendance and performance. Cults Otters joining UoA remain Cults Otters swimmers but now join UoA for training and competition. UoA guidelines and code of conduct are now followed.

There are 3 squads within the UoA program:

- Performance development
- Performance
- Elite Performance



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GENERAL GUIDELINES

Guidelines for all swimmers.

1. Inform the lead squad coach if unable to attend a session.
2. Provide details of any health issues & make sure inhalers etc are poolside if needed.
3. Arrive poolside ready to mobilize 5-10 minutes before the session starts (ensure coach is present before coming poolside).
4. Enter galas as advised and inform squad coach if unable to attend all sessions at a gala.
5. Support teammates at galas by remaining poolside until the end of each session.
6. Respect fellow swimmers, club officials and coaches.

Guidelines for PARENTS

Parents play an important role in supporting their swimmers and must:

1. Ensure that a coach is present before leaving a swimmer at the pool and collect their swimmer in good time.
2. Participate in the parent poolside Rota.
3. Qualify as timekeeper whilst swimmers are in JS1 & embark on judge training in JS2.
4. Respect club members, officials and coaches.

Squad Movements

1. Attitude, effort & attendance at training & galas are considered before all promotions.
2. Swimmers showing readiness for the next squad will be invited by their coach, to link with the next squad for a minimum of 4 weeks prior to promotion.
3. Swimmers joining the Club or moving squad will be on probation for 1 month.
4. A swimmer may be moved to a more appropriate squad if fitness levels fall, for example after illness, or if attendance drops below the acceptable level for a squad.