



HOYLAKE AMATEUR SWIMMING CLUB
MEMBERS' HANDBOOK

1. Introduction

Welcome to Hoylake Amateur Swimming Club

The members of the club wish you a long and happy association with Hoylake and hope that you will enjoy a fulfilling swimming career, wherever that may take you.

This handbook is intended to give you an introduction to Hoylake Amateur Swimming Club (HASC) and to signpost you to sources of information within the club.

2. Mission Statement

Our mission as a competitive swimming club is

“to offer all club members the best opportunity to develop and achieve their maximum potential through the sport of swimming.”

We aim to achieve this by:

- creating a safe, caring and orderly environment in the club which enables all members to take pleasure from their swimming and pride in their performances, and ensures that each individual's abilities will be recognised and nurtured.
- encouraging regular attendance at training sessions and participation in galas appropriate to swimmers' abilities.
- encouraging parents and swimmers to take an active role in supporting the club, by developing coaching and other skills.
- actively following the principles and guidelines of the Swim England Athlete Development Support Pathway (ADSP).
- working closely with the local authority, primary schools and other swim schools to increase our membership, and develop the sport of swimming over the long term within our area.

3. History

The Club was founded in 1931. It was based at the then new outdoor pool in Hoylake.

The Club moved to West Kirby Concourse when it opened in 1978. The club seeks to hold an anniversary dinner dance every 5 years which is open to all members past and present.

Further information on the History of the Club can be found on the website.

4. Coaches and Training Times

Details of the coaches and the training timetable can be found on the club's website and on the notice board at West Kirby Concourse and Calday Pool. Email alerts will advise you of changes to training times etc. Our coaches are all volunteers who give their time freely to benefit the members. We always welcome new additions to the coaching team, so please consider volunteering as a coach. If you are interested please speak to one of the coaches either before or after a session or email hoylakesc@gmail.com

5. Committee

The Club also has an executive committee, and details of the members of the Committee are found on the club's website. We will welcome new committee members. Please consider volunteering as a committee member. If you are interested speak to one of the coaches or email hoylakesc@gmail.com

6. Structure of the Club

In order to join the club you will be asked to attend a trial during which your eligibility to join will be assessed and you will be directed to the most suitable training group for you.

6.1 The Hoylake Development Group

This is where we take those swimmers who have been taught the “fundamentals” of swimming. There are 2 groups – Bronze and Silver. The emphasis is on technique in order that long term excellence at swimming can be achieved.

6.2 The Competitive Club

The club is divided into five groups: Gold, Yellow, Red, Blue and Masters.

The emphasis in each group is to ensure that the swimmer is able to develop to the best of their ability and that they are able to compete at an appropriate level, where they can achieve. The coaches recognise that swimmers develop at different rates and in different ways. Movement between the groups is mainly by reference to the swimmer's technical ability, stamina levels, speed, and application to training, and is at the coaches' discretion.

For more information regarding the entry requirements to each group, please see the HASC Training Structure at the end of this handbook. If you have any concerns about the group in which you are swimming please speak to the coach in the first instance.

6.3 Performance swimming

There may be opportunities for some swimmers to join one of our local performance squads, currently City of Liverpool Swimming Club or Wirral Metro Swimming Club. Moving to one of these squads will give swimmers increased training time and help to maximise their potential. Where we believe such a move is appropriate, we will approach the parents and advise accordingly. However, if you are interested in a performance squad, please discuss this with your coach.

7. Your commitment to us

7.1 Training.

As a member of Hoylake, we expect you to attend as many training sessions as possible. This will ensure that you improve your technique and maintain your stamina and that you develop as a swimmer, to achieve your full potential.

7.2 Punctuality

Please arrive on the pool deck at least 5 minutes before the session is due to start. This will ensure that you are properly warmed up and will help to prevent injury. If you are late for a session the coach may refuse to allow you to join in.

7.3 Equipment required

Please bring the following to all training sessions:

- Suitable swimming costume
- Goggles (and a spare pair)
- Hat (and a spare)
- Kick board/ float
- Flippers (training fin type)
- Drink

7.4 Discipline.

Discipline is important for all swimmers. It creates a good atmosphere for training, and helps everyone to get maximum enjoyment and benefit from the sessions.

Lane discipline is important. Swimmers will be aware of their own ability and should take note of the ability of those around them. They will know who is quicker in certain strokes during training. They should use this knowledge to ensure that the fastest swimmer leads the lane so that all get a good swim.

Unless told otherwise all swimmers should leave 5 seconds between each swimmer before pushing off.

Swimmers should not stand up in the middle of a lane during a swim.

Swimmers should complete all sets to the best of their ability.

If goggles need adjusting a swimmer should exit the water to do this.

All swimmers are taught from an early age how to turn and apply good technique in their strokes. Coaches expect swimmers to do their best to practise good quality turns and strokes during training. This will lead to a significant improvement especially in competition.

7.5 Competitions

We enter competitions as a Hoylake team against other clubs, and we advise you of competitions that you can enter as an individual.

It is a privilege and an honour to be selected to swim as part of a Hoylake team and is an experience you will hopefully enjoy. If selected please make yourself available to swim. If you are unavailable, please let the team manager know by return of e-mail, but please remember the impact that this will have on the performance of the team as a whole. Remember your club and your team mates need you!

Targeted individual competitions or 'meets' have been selected by the club as suitable for our swimmers to enter as we believe that they will enhance your development as a swimmer. In addition we will inform you of other open meets that you may wish to enter. If you have any questions about any of these meets please talk with your coach.

The first individual competition you are likely to take part in is a Development Group gala at Calday Pool. These galas are relaxed and aimed at encouraging our younger swimmers to 'have a go'. They are held twice a year.

The next competition you should aim for is the annual Club Championships (for Hoylake swimmers only) which is normally run over weekends in the Spring/Summer term.

Another suitable opportunity for individual competing is the Peninsula Championships. These are held at Europa Pools twice each year, and are the next step up after the Club Champs – they attract swimmers from all Wirral clubs. You can choose which events you wish to enter. We aim to have a Hoylake coach at these galas to support the swimmers from our club.

Competition is an excellent way to learn a life skill and to experience working both individually and as part of a team. Seeing the benefits of good training and hard work is rewarding and motivating. It also helps the coaches to monitor your progress so that they can ensure that you swim in the most appropriate group for you and for the club. Galas are also a fantastic social environment to meet other swimmers from local clubs and develop friendships with those in their own club.

8. Gala structure and preparation

World Aquatics (formerly FINA) is swimming's international governing body. In Great Britain, the umbrella organisation is British Swimming and there are 3 country associations. In England we have Swim England, and this is split into regions and counties. Hoylake is affiliated to the Cheshire County Swimming Association, the North West Region and Swim England.

Swimming has two seasons, a long course season that runs from mid-March to August and the short course season which commences in September. Short course pools are 25m in length and long course pools are 50m. If you want further information about the seasons, please consult the ASA or British Swimming website or ask a coach.

Team galas have a fixed programme of events, and are designed to take between 1.5 and 2 hours plus warm up.

Individual meets also have a fixed programme of events, and these are usually run in sessions; you will see the events in each session on the entry form. A session of an open meet can last up to 3 hours. There can be heats and finals in open meets. Open meets have a level of gala assigned to them from level 1 to level 4. Level 3 and 4 galas are essentially to develop the swimmers and either have no qualifying times or times that are relatively easy to achieve. Level 1 and 2 galas will have more challenging entry times. If you require further information about the level of gala and what it means, please ask to speak to one of our technical officials. They can be contacted via the e-mail address.

In preparing for a gala, swimmers should speak to the coach, as there will be a training programme to prepare your swimmer for the gala. It may be that for certain galas the coach recommends that they do not train the night before the gala. Swimmers should bring to a gala:

1. Swimming costume (warm up and racing, if appropriate)
2. Goggles (and spare pair)
3. Towel (and spare)
4. Warm clothes for the pool deck including shoes and socks
5. Drink and food - ask your coach which foods are best.

It is important that swimmers report to the team manager or coach when they arrive at all galas.

9. Finally . . .

We hope your time with the Hoylake Swimming Club community will be an enjoyable and rewarding one. We would welcome any involvement or feedback you can provide.

“The more you believe in yourself, the better you will be” (Adam Peaty)

HASC – TRAINING STRUCTURE

Group	Bronze	Silver	Gold	Yellow	Red	Blue	Masters
Expected Age Range (age at end of calendar year)	6-10	8-11	9-13	11-14	12-18	13-18	19+
Stage of Athlete Development Support Pathway	Fundamentals, Learning to Train	Fundamentals, Learning to Train	Learning to Train, Training to Train	Training to Train	Training to Train, Training to Compete	Training to Train, Training to Compete, Training to Win	N/A
Expected Entry Requirements to Group (always subject to coaches' discretion)	Ability to swim at least 25m of FC, BKS and BRS with correct or easily correctable technique. Ability to swim 100m at pace.	Ability to swim correct or nearly correct and legal technique for all 4 strokes. Ability to swim a 300m warm up. Has knowledge of and can perform legal starts, turns and transitions for all strokes. Able to swim 100m at pace without losing technique. Appreciation of lane discipline.	Minimum competency in 3 competitive strokes. Competent turns, transitions and finishes. Can dive to a good standard. Begin to build a portfolio of PB times, holding recorded times for 50m in 3 strokes (25m Fly). Understanding of lane discipline. Able to repeat 6x50m FC on 1:15.	Competent technique in all 4 strokes, turning correctly and consistently. Able to streamline from wall consistently. Competitive dive. Correct use of time clock. Consistent use of lane discipline. Able to repeat 6x100m FC on 2:15, 4x100IM on 2:30 (with 20secs recovery)	Competent in ability to perform variety of technique drills. Able to repeat 10x100m FC on 1:55, 50m FC on 0:55, and 100IM on 2:15. Demonstration of commitment to training and desire to develop. Start to consider Choice Stroke(s)/Event(s)	Demonstration of commitment to train and compete. Regular attendance, and commitment to fully completing all sets. Able to repeat 10x100m FC on 1:40, 50m FC on 0:50, and 100IM on 2:00. Be conscious of and develop Choice Stroke(s)/Event(s)	Capable of maintaining pace throughout a 1 hour session. Aiming to compete in Masters Swimming Competitions, Open Water events and/or Triathlons.
Focus of Training (Speed:Stamina:Technique)	Technique for all strokes and IM events – kick, drills, pull, full stroke, starts, turns, transitions, streamlining, diving. Some stamina and sprint work. (15%:10%:75%)	Technique for all strokes and IM events – kick, drills, pull, full stroke, starts, turns, transitions, streamlining, diving. Some stamina and sprint work. (15%:10%:75%)	12wk cycle, all 4 strokes with focus on competition to gain more confidence for external galas. Technique, sprints, endurance, turns and finishes. Focus on streamlining. Time set for dive practice. (25%:25%:50%)	Fine tuning of technique: starts, turns and other swim skills to maximise efficiency and be race-ready. Common errors observed and corrected. Take ownership of training. (33%:33%:33%)	Build on Yellows introduction to Aerobic and Anaerobic sets. More emphasis on stamina, speed and aerobic development. Regularly competing at targeted meets. Continue refining technique. (30%:40%:30%)	Mesocycle based on 2-3 cycles with targeted meets. Aim is for swimmers to achieve county times through focused training (stamina, speed, race pace, lactate sets etc.) Continue refining of correct technique. (40%:40%:20%)	Varies – depending on ability and needs of swimmers.
Current Hours of Training per Week (September 2022)	2 sessions 2 hrs 15 mins	2 sessions 2 hrs 15 mins	3 sessions 3 hrs 15 mins	4 sessions 4 hrs 30 mins	4 sessions 4 hrs 45 mins	4 sessions 5 hrs 15 mins	3 sessions 3 hrs 30 mins
Length of Sessions	1 x 1hr 15 mins 1 x 1hr	1 x 1hr 15 mins 1 x 1hr	1 x 1hr 15 mins 2 x 1hr	1 x 1hr 30 mins 3 x 1hr	1 x 1hr 30 mins 1 x 1hr 15 mins 2 x 1hr	2 x 1hr 30 mins 1 x 1hr 15 mins 1 x 1hr	1 x 1hr 30 mins 2 x 1hr
Minimum – Maximum distance per week (metres)	1,000 – 2,500	2,000 – 3,000	4,000 – 7,000	6,000 – 10,000	8,000 – 15,000	9,000 – 17,000	5,000 – 9,000
Targeted Competitions	Development Group Gala; Club Championships; Peninsula Age Group Gala	Development Group Gala; Club Championships; Peninsula Age Group Gala; Team Galas	Club Championships; Peninsula Age Group Gala; Team Galas	Club Championships; Peninsula Age Group Gala x2; Metro Meets x2; Team Galas	Club Championships; Peninsula Age Group Gala x2; Metro Meets x2; Team Galas	Club Championships; Peninsula Age Group Gala x2; Metro Meets x2; Team Galas; Open Meets and County Champs	As appropriate to swimmers (see above)