

Welcome to Anaconda Swimming Club

Here is a brief explanation of how Anaconda Swimming Club is structured!

Our teaching programme uses the Amateur Swimming Associations (ASA) Long Term Athlete Development Plan (LTAD) to help structure each child's swimming lessons through the "Fundamental" and "Swim Skills" phases. Confidence, basic movement literacy and technique are the main focuses during these early stages of development.

The Club accommodates children (8+) through to adults and helps them further develop towards the latter stages of the LTAD pathway, during which biological age takes a stronger influence on coaching than chronological age.

Anaconda Swimming Club is a competitive club and the focus during each training session is to improve a swimmer's ability to compete.

Training Structure

Different training squads allow for varying abilities and commitment levels, through which swimmers are expected to progress.

Initially swimmers usually join **Development Squads A and B**, made up of swimmers new to the main club from our teaching programme; the split is purely for training time purposes. Swimmers can attend from 1 to 3.5 hours training per week.

From here we would expect them to progress to the first of three competitive squads:

Fast Track B, where swimmers are expected to attend a **minimum** of 3 hours, but can attend up to 5.5 hours per week. This will increase in the future as the squad strengthens and more sessions are added. FT B swimmers must be age 11 and under, have four legal strokes, and be willing to make the required number of training sessions. From here they should progress to:

Fast Track A. These swimmers are expected to attend a **minimum** of 4 hours, but can attend up to 6.5 hours per week. This will increase in the future as the squad strengthens and more sessions are added. FT A swimmers must be achieving or close to achieving Middlesex County qualifying times as well as making the required number of training sessions. From here they should move on to:

Performance B. Performance B swimmers are expected to attend a **minimum** of 4 hours, out of a possible 7 per week. This will increase in the future as the squad strengthens and more sessions are added. Performance B swimmers must be achieving or close to achieving Middlesex County qualifying times as well as making the required number of training sessions.

Performance A. Performance A swimmers are expected to attend a **minimum** of 6 hours, out of a possible 12 per week. This will increase in the future as the squad strengthens and more sessions are added. Performance A swimmers must be achieving or aiming to achieve regional qualifying times as well as making the required number of training sessions.

Swimmers in all competitive squads are also expected to enter competitions on different strokes and distances, meet training requirements as set by their coaches, and must have an ambitious training attitude with high standards of training, always attempting to work on coaching points.

Senior Squad is an additional squad, a fitness squad for those who have no desire to compete, but would like to swim to keep fit.

Training times available to each of the squads are shown on the Anaconda website (anacondaswimmingclub.org.uk).

Time Trials

All swimmers are expected to regularly attend club time trials. These are 50m timed races that take place at 8.00pm at Cally Pool, on the second Tuesday of the month and the following Monday (swimming two strokes each session). Swimmers' times are then recorded and available to view on the Anaconda website.

Time trials give swimmers competition practice and allow them to establish PB's (personal bests) in each stroke. They also allow club officials to recommend which galas swimmers should attend and to select swimmers for leagues and trophy galas, where swimmers represent the Club.

When the Club invites you - usually by email - to attend a gala, PLEASE RESPOND ASAP!! It takes time to carefully select swimmers for each gala. This is a task taken on by a volunteer. Some gala organisers specify fastest and slowest qualifying times, others, such as Leagues, mean that we want to field the best possible team to represent the Club. Late replies mean that new swimmers have to be selected, often at very short notice.

Swimmers Times

Keeping track of swimmers times is essential to incentivise swimmers and to see how well they are progressing. Swimmers should be aware of their current PB in each stroke.

To find swimmers' times:

- go to the home page of the Anaconda website www.anacondaswimmingclub.org.uk
- on the left hand side of the page, click on 'swimmers times'
- you will see 'click [here](#) for swimmers times' on the next page
- Click on 'Athletes' in the bar at the top of the page
- Having found your swimmer's name, click on Times in the left hand column.
- See the drop down box to the right of 'Course' at the top of the table and select 'SCM'.
- The swimmer's current PB's and where they were achieved will be displayed

To find Middlesex County qualifying times, the first set of times that swimmers aim for, visit middlesexswimming.com

For Regional qualifying times, visit londonswimming.org

For National qualifying times and anything else related to swimming in Britain, visit swimming.org/britishswimming

The Anaconda Management Committee

The Club is run by a management committee made up entirely of volunteers, chaired by Steve Greer, and supported by an administrator, Ray Haggan (with help from Harley Greer during some swimming sessions) and Head Coach Wayne Lock. If you can spare some time to support the club, or if you have any queries, you can contact Steve or Ray by email

info@anacondaswimmingclub.org.uk Alternatively you can find Steve, Ray or Harley at Cally Pool from Monday to Wednesday evening and at Holloway Pool on Wednesday and Thursday evening.