

Rugby Swimming Club

September 2019

This Evening's Format:

- Introduction
- Overview of Teaching and Coaching staff
- Club Philosophies
- Physical and Mental health & wellbeing
- Long Term Athlete Development Plan
- Time Table
- Land Training
- Targeted Meets
- Education (5 Pillars)
- Log Books and Club Captains
- Volunteers
- Questions

Introduction

- ▶ RSC is run by a volunteer committee.
- Despite this.....the club barely breaks even....

Coaching Staff for Age Group, Junior Performance, Masters and Performance

- Hemesh Chohan Head Coach
- Performance Hemesh / Rory Grealy
- Masters Coach Rory Grealy
- Junior Performance Jordan Chappell
- Age Group Coach Rory Grealy / Darren O'Brien / Steve Gregory
- Junior Coach Steve Gregory / Jordan Chappell
- Land Training
- Performance Laura Edge
- Junior Performance Devesh Chohan

Club Philosophy

- A friendly and competitive club to support the Town;
- An environment where swimmers' welfare and safety are paramount not only physical but mental health;
- Qualified, enthusiastic and supportive coaches & teachers and responsible volunteers;
- Opportunities to develop their swimming, improve technique and in time compete in swimming competition;
- Clear lines of communication between the club, the swimmers and the parents about training, about competition and social events;
- Relationships built on trust, honesty and respect, where swimmers and parents are valued and listened to;
- Opportunities for you to get involved in the activities of the club.

Reduced attendance (Teacher/Coach/Volunteer/ Official) —	Retention
Maximising the	Training to Win (Male 18+years, Female 16+ years)
Optimising the engine	Training to Compete (Male 15-18 years, Female 14-16 years)
Building the engine	Training to Train (Male 12-15 years, Female 11-14 years)
Building Technique	Swim Skills (Male 9-12 years, Female 8-11 years)
Basic movement literacy	Fundamentals (Male 6-9 years, Female 5-8 years)

	Months	Augus	st/Se	pten	nber		Oct	tober			No	vemi	ber		I	becer	nber			J	anua	rγ			F	ebrua	wγ			IV	Alarro	h			Ap	ril			N	Asy			Ju	ine:				Jul	lγ			Au	gust	
u.	Microcycle	1 2	з	-4	- 5	6	7	8	9	10	11	12	13	14	15	16	17	18 1	19	20	21	22	23		24	25	- 26	Z	7 2	8 2	9 3	30	31. 3	2 3	3 3	4 3	3 36	5 37	38	39	40	41	42	43	44	45	46	6 47	7 4	18 4	49 3	30 S	и.	52
Dates	Week Begins	26thAug 2nd Sept	9th Spet	16 th Sept	23 rd Se pt	30th Se pt	7th Oct	14th Oct	2154.00	28th Oct	4th Nov	11th Nov	18 th Nov	2 Sth Nov	2 nd Dec	9th Dec	16th Dec	23 Id Dec	30th Dec	6 th Jan	BthJan	20th Jan	27th Jan		ant Feb	10th Feb	17 th Feb	24th Bels	and been	oth Mar	and the second	listh Mar	23 rd Mar	autu mat C+b A wit	otn April 13+6 Antil	onth And	27th April	4th May	11th May	18 th May	2 Sth May	lst Jun	8th Jun	15th Jun	22 nd Jun	29 th June	6 th J uh	13th July	duri dece	Anrumz	27thJuly and Am	3 nd Aug 10eb Aug	10th Aug	17 th Aug
Competitions	Where					Coventry & Districts Primaries	Coventry & Districts Primaries / Arena league			Mit ta nd Winner SC Cha mpions hips	Are milleague	City of le kester Open Meet	City of Cove ntry Winter Open		Rug by Open Sprints & National Winter SC Clampions hips	Are to league				te bester Winter league Round 1		We needed the S			We reduce the Y			le lester Winter Jeaone Bound 2	to except a second reaction of the second re-		a factoria e tablicato e tacona de la constante	te koste r Wirrte r teague kound 3					West Midbiels Clampions hits	West Mid birds Champions hips		Mercian teague Round 1	3	Merclan trag te Round 2					Merctan teae re Round 3 / Club Champions hits	Club Clamber history	terrational and the second states in the second	Teal to B	End of Year Meet Motional characteristics	National Champions hips		
															ē.																																							_/
ş	Training Phase			Pr	epara	tion Pl	hase :	1						Prep		ion P	hase	2			C	<mark>lomps</mark>	titive	Pha	se	Then:	aition			Prep	para	stic	n Pha	se 1					Pre	epan	ation	n Pha	ise 2				0	Comp	petiti	ive:P	2hauc	: Da	unaiti	lion
	Dryland Training			Run	Run			1 Run	Run				- 1	Prep Run		ion P				Run	Run	Compe	titive	Pha:	se	Run	Run			un Ru	n	stio	-	se 1 un R.	_					epan	ation	n Pha	se 2				•	Comp	petiti 	ive P	<mark>/hace</mark>		mait	ion
		Yearly	Plan	Run	Run			Run	Run Physic	ology	+ Qu	uiz's		-		ion P				Run 1 + Qu	Run	Compe	titive	Pha:	se	Run	Run g Tes			un Ru	n	stio	-		_	Reco	very	+ Qu		epan	ation	n Pha	se 2		Se	easor				Ι			anai0	ier
	Dryland Training		st	Run	Run			Run		ology	+ Q.	uîz's		-		ion P					Run	Compe	titive	Pha	se	Run	Run	ting	;+q	un Ru	n	stic	-		_	Recor	very	+ Qu			ation	n Pha	se 2		Se					Ι				
Preference	Dryland Training Education	Yearly	tth Sept Kick Test	Sth Se pt 10c100 Test 8M Un8	Run rm up			Run			+ Qu	uiz's		-		tion F					Run	Compe	titive	Pha	<u>5e</u>	Run Druj	Training IV ick Test	ting tag		un Ru	n	stio	-		_	Reco	very	+ Qu				n Pha	se 2		Se					Ι				
Preference	Dryland Training Education What Tests Dates Volume (K)	Yearly 1 021	1th Sept Kick Test	15th Sept 10c100 Test 🔬 🖉	Run rm up			Run		plogy				-	panat			Nutri	ition		Run	22			se 24	6th Feb T30 12 02 02	g Tes cox Training V kK Test	ting tel.00101 4 di Pec		un Ru uiz's			-						iiz's			1 Pha				Essor	n Re		v + (Quiz				
Preference	Dryland Training Education What Tests Dates Volume (K) 40	Yearly 1 081	11th Sept Kick Test	15th Sept 10c100 Test 🔬 🖉	Run rm up	& Quit	2	Run	Physic					8un	15			Nutri	ition	n + Qu	Run					16th Feb T30 12 12	Bith Feb Coor Training V, KK Test Adv	ting tel.00101 4 di Pec		un Ru uiz's			R			4 3	5 39	5 37	iiz's								n Re	eview	v + (Quiz	z's			
Preference	Dryland Training Education What Tests Dates Volume (K) 40 36	Yearly 1 081	11th Sept Kick Test	15th Sept 10c100 Test 🔬 🖉	Run rm up	& Quit	2	Run	Physic					8un	panat			Nutri	ition	n + Qu	Run					16th Feb T30 12 12	Bith Feb Coor Training V, KK Test Adv	ting tel.00101 4 di Pec		un Ru uiz's			R			4 3		5 37	iiz's								n Re		v + (Quiz	z's			
Preference	Dryland Training Education What Tests Dates Volume (K) 40	Yearly 1 081	11th Sept Kick Test	15th Sept 10c100 Test 🔬 🖉	Run rm up	& Quít	Z Z	Run	Physic					8un	15			Nutri	ition	n + Qu	Run		23			16th Feb T30 12 12	Bith Feb Coor Training V, KK Test Adv	ting tel.00101 4 d Pec		un Ru uiz's			R			4 3	5 39	5 37	iiz's								n Re		v + (Quiz	z's			
Preference	Dryland Training Education What Tests Dates Volume (K) 40 36 35	Yearly 1 021 12	11th Sept Kick Test	15th Sept 10c100 Test 🔬 🖉	Run rm up	& Quit	Z Z	Run	Physic					8un	15			Nutri	ition	n + Qu	Run		23			16th Feb T30 12 12	Bith Feb Coor Training V, KK Test Adv	ting tel.00101 4 d Pec		un Ru uiz's			R			4 3	5 39	5 37	iiz's								n Re		v + (Quis	z's	30 3		

			T	raining Sessior	ns (Distance at Peak)			Total
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	Rest	Rest	Rest	6.30-7.30	Rest	6-7.30am 1 hour land	Rest	
PM	7-9pm	7.30-9pm	and 6.15-7.15pm 7.30-9pm	Rest	7.30-9pm	Rest	6-8pm	
Hours	2	1.5	1.5	1	1.5	1.5	2	11
Meters	7,000	4,700	4,700	3,000	4,700	4,500	7,000	36000
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	REST	REST	REST	Aerobic / Skills	REST	Anaerobic / Aerobic (Pool) Land Work	REST	
PM	Big Areobic	Speed/Skills	Land Word - Strength & Power Pool: Warm up 1200m, VO2 (MAX 1500m) Threshold (bigger)	Rest	Speed	Rest	VO2 (big Set UPTO 3000M)	

Morning Sessions

- Physiological benefits \rightarrow energy boost and endorphin rush.
- Focus on Technical Strokes Brain Waves highest
- Metabolism benefits boost metabolism rate throughout the day
- Gets your body used to early morning competitions.

Age Group Squad

Group	Day	Time	Venue
	Monday	19:00 - 21:00	QDJC
	Wednesday	18:00 - 19:30	Rugby School
Pool - 9 hours Land - 1.5 hours	Thursday	18:00 - 20:00	Rugby School
	Saturday	06:00 - 07:30 am	QDJC
	Saturday	07:30 - 08:45	QDJC
	Sunday	17:00 - 19:00	QDJC

Junior Performance Squad

Squad	Day	Time	Venue
	Monday	19:00 - 21:00	QDJC
Dool 9 E	Wednesday	18:15 - 19:15	Rugby School
Pool 8.5 Land 2.5	Wednesday	19:30 - 21:00	Rugby School
	Thursday	06.30-07.30 am	QDJC
	Thursday	19:30-21:00	Bilton Grange
	Saturday	06:00 - 07:30 am	QDJC
	Saturday	07:30 - 09:15	QDJC
	Sunday	19:00 - 20:00	QDJC

Performance Squad

Pool 11

Land 2.5

	Monday	19:00 - 21:00	QDJC
	Tuesday	07:30-09:00	Bilton Grange
hours	Wednesday	18:15 - 19:15	Rugby School
hours	Wednesday	19:30 - 21:00	Rugby School
	Thursday	06.30-07.30 am	QDJC
	Friday	19:30 - 21:00	Bilton Grange
	Saturday	06:00 - 07:30 am	QDJC
	Saturday	07:30 - 09:15	QDJC
	Sunday	18:00 - 20:00	QDJC

Masters Squad

	Tuesday	19:30 - 21:00	Bilton Grange
Pool - 5.5 hours Land - 1.5 hours	Thursday	07:30-09:00	Bilton Grange
	Friday	19:30 - 21:00	Bilton Grange
	Saturday	07:30 - 09:15	QDJC
	Sunday	19:00 - 20:00	QDJC

Land Training

- Laura Edge Level 3 Personal Trainer
- Devesh Chohan Physiotherapist

This has been worked into the annual plan.



Running - Open to all (8.30 am to 9.15am)

Cross Training -



Additional Training

Monthly (if possible) 50m Training

Monthly Starts and Turns Practice

30th Sept	Coventry & Districts Primaries
7th Oct	Coventry & Districts Primaries / Arena League / Winter League
4th Nov	
	Arena League / Winter League
11 Nov	City of Leicester Open Meet
18th Nov	City of Coventry Winter Open
2nd Dec	Rugby Open Sprints / National Winter SC Championships
9th Dec	Arena League / Winter League
6th Jan	Leicester Winter League Round 1
20th Jan	Warwickshire's
3rd Feb	Warwickshire's
24th Feb	Leicester Winter League Round 2
6/7/8 March	Rugby Open Meet
16th Mar	Leicester Winter League Round 3
23rd Mar	Junior League Round 1
27th April	West Midlands Championships
4th May	West Midlands Championships / Junior League Round 2
18th May	Mercian League Round 1
1st Jun	Mercian League Round 2
8th Jun	Junior League Round3
6th July	Mercian League Round 3 / Club Championships
13th July	Club Championships
20th July	End of Year Meet
27th July	End of Year Meet
3rd Aug	End of Year Meet / National Championships

Key Considerations (5 Pillars)

Technical	Tactical	Physical	Psychological	Lifestyle
 Technique development, all aspects of strokes and skill development etc 	• Competition / race strategy, training plans etc	• Components of LTAD fitness	• Mental skills	 Performance- focused, work, rest, education, Family Social, Nutrition, Hydration

Education Programme



Videos

Technique

Warm ups

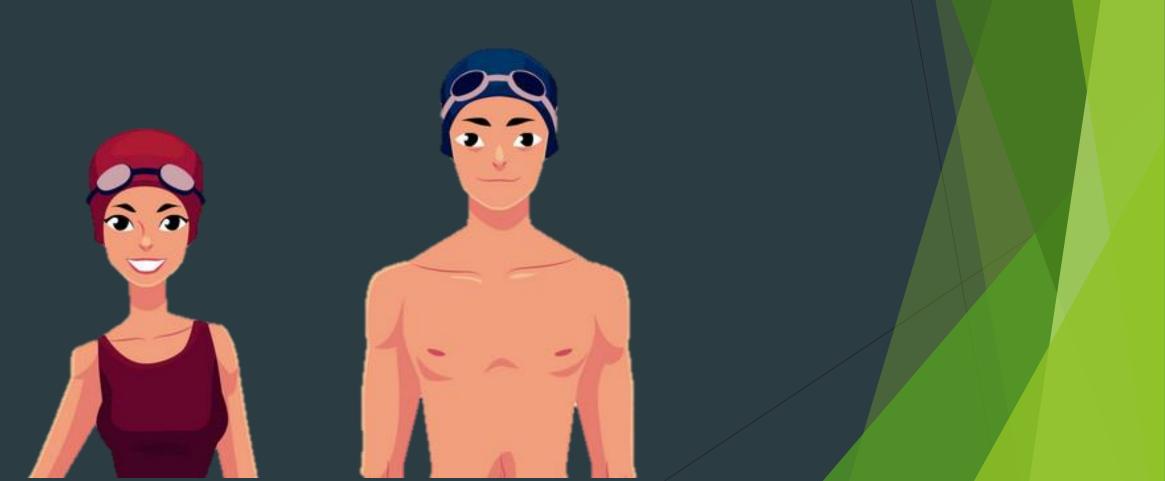
Stretching

Land Training at Home



- Record swimmers short, medium and long term goals
- Record PB"s (Personal best times)
- Educate on what they need to eat and drink
- Help you evaluate performances and achievements
- Help set new goals
- Record training sessions
- What should be eaten before, during and after training or competition

Club Captains



Most Important People VOLUNTEERS

- Time Keepers \rightarrow Officials
- Testing
- Team Managers
- Help on poolside

▶ RSC P&L Statement 2017/2018

Income and Expenditure Statement

- year ending 31.08.18

Membership fees do not cover expenses

Club wholly reliant on Rugby Open Gala to create a surplus

Club has cash in the bank (modest) but first challenge to return club to a healthy position

	201	.7/18	20	16/17
	£	£	£	£
Income				
Membership Fees	117,596		116,137	
Galas & Open Meets	43,721		37,408	
Club Merchandise	1,890		1,605	
Fundraising & Grants	6,295		7,625	
Miscellaneous	0		942	
Total Income		169,502		163,717
Expenditure				
Pool Hire	(84,302)		(78,474)	
Gala Expenses	(26,886)		(22,194)	
Club Merchandise	(4,114)		(5,438)	
Affiliation Fees	(9,465)		(9,576)	
Personnel Costs	(27,636)		(30,345)	
Honourariums	(400)		(600)	
Training & Development	(7,267)		(2,103)	
Training Camps	0		0	
Equipment	(202)		0	
Insurance	(540)		(216)	
Transport	0		(457)	
Website	(179)		(256)	
Miscellaneous	(4,337)		(3,481)	
Total Expenditure		(165,328)		(153,140)
Surplus for the year		4,174		10,577
Jurphus for the year		4,174		10,577

▶ RSC P&L Statement 2017/2018

Income and Expenditure Statement

- year ending 31.08.18

Membership fees do not cover expenses

Club wholly reliant on Rugby Open Gala to create a surplus

Club has cash in the bank (modest) but first challenge to return club to a healthy position

	201	.7/18	20	16/17
	£	£	£	£
Income				
Membership Fees	117,596		116,137	
Galas & Open Meets	43,721		37,408	
Club Merchandise	1,890		1,605	
Fundraising & Grants	6,295		7,625	
Miscellaneous	0		942	
Total Income		169,502		163,717
Expenditure				
Pool Hire	(84,302)		(78,474)	
Gala Expenses	(26,886)		(22,194)	
Club Merchandise	(4,114)		(5,438)	
Affiliation Fees	(9,465)		(9,576)	
Personnel Costs	(27,636)		(30,345)	
Honourariums	(400)		(600)	
Training & Development	(7,267)		(2,103)	
Training Camps	0		0	
Equipment	(202)		0	
Insurance	(540)		(216)	
Transport	0		(457)	
Website	(179)		(256)	
Miscellaneous	(4,337)		(3,481)	
Total Expenditure		(165,328)		(153,140)
Surplus for the year		4,174		10,577
Jurphus for the year		4,174		10,577

Ambition

Ambition is clear though:

- ▶ To be the best "Town" swimming club in the area within 2-3 years
- Increase Masters Group
- Retain Swimmers Post 16+
- Hold Olympic Swimming Camp (In Rugby)
- Attend an external Camp stay over

New fees from 1 October 2019 :

Squad	Old Fee	New Fee
Dev 1	25.00	32.00
Dev 2	32.00	36.00
Dev 3	35.00	40.00
Junior	40.00	46.00
Age Group	50.00	57.00
Junior Performance	46.00	54.00
Performance	65.00	69.00
Master	32.00	40.00

Contacts:

- Chairman Michael Moran <u>chairman@rugbyswimmingclub.co.uk</u>
- Club Secretary Louise Eaton <u>secretary@rugbyswimmingclub.co.uk</u>
- Treasurer Rachel Cutler treasurer@rugbyswimmingclub.co.uk
- Membership Hayley Troup <u>membership@rugbyswimmingclub.co.uk</u>
- Welfare Officer Dr Nick Gower welfare@rugbyswimmingclub.co.uk
- Head Coach -Hemesh Chohan- <u>headcoach@rugbyswimmingclub.co.uk</u>

Questions