



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
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- ▶ 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
engine

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		August/September			October			November			December			January			February			March			April			May			June			July			August		
Dates	Microcycle																																				
	Week Begins																																				
Competitions		Where																																			
Periodisation	Training Phase																																				
	Dryland Training																																				
Testing	Education																																				
	What Tests																																				
Dates																																					
Volume (K)																																					
40																																					
36																																					
35																																					
32																																					
30																																					
27																																					

Training Sessions (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	Land 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 → 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
Pool - 9 hours Land - 1.5 hours	Monday	19:00 - 21:00	QDJC
	Wednesday	18:00 - 19:30	Rugby School
	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
Pool 8.5 Land 2.5	Monday	19:00 - 21:00	QDJC
	Wednesday	18:15 - 19:15	Rugby School
	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 hours Land 2.5 hours	Monday	19:00 - 21:00	QDJC
	Tuesday	07:30-09:00	Bilton Grange
	Wednesday	18:15 - 19:15	Rugby School
	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

Pool - 5.5 hours Land - 1.5 hours	Tuesday	19:30 - 21:00	Bilton Grange
	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 Round 3
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

- Technique development,
- all aspects of strokes and skill development etc

Tactical

- Competition / race strategy, training plans etc

Physical

- Components of LTAD fitness

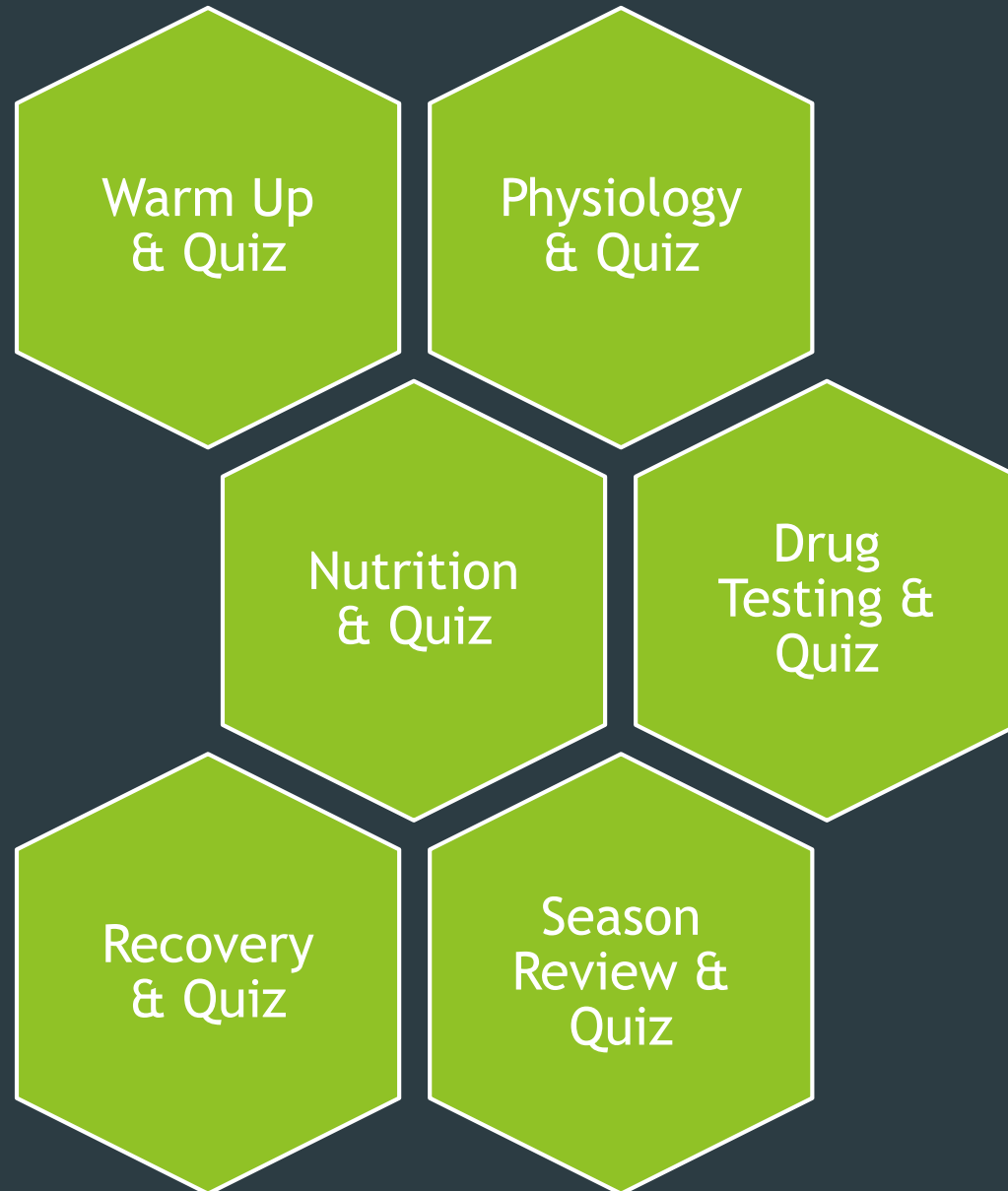
Psychological

- Mental skills

Lifestyle

- Performance-focused, work,
- rest,
- education,
- Family
- Social,
- Nutrition,
- Hydration

Education Programme



Videos



Technique



Warm ups



Stretching



Land Training at Home

Log Books

- 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 → 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

	2017/18		2016/17	
	£	£	£	£
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

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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 - chairman@rugbyswimmingclub.co.uk
- ▶ Club Secretary - Louise Eaton - secretary@rugbyswimmingclub.co.uk
- ▶ Treasurer - Rachel Cutler - treasurer@rugbyswimmingclub.co.uk
- ▶ Membership - Hayley Troup - membership@rugbyswimmingclub.co.uk
- ▶ Welfare Officer - Dr Nick Gower - welfare@rugbyswimmingclub.co.uk
- ▶ Head Coach - Hemesh Chohan - headcoach@rugbyswimmingclub.co.uk

Questions