



# 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
- ▶ Targeted Meets
- ▶ Education - (5 Pillars)
- ▶ Log Books and Club Captains
- ▶ Volunteers
- ▶ Questions

# Club Overview:

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

# Coaching Staff for Development and Juniors

- ▶ Hemesh Chohan - Head Coach
- ▶ Graham Troup -Development Coach (supported by 10 teachers/coaches/support staff)
- ▶ Jill Harrison, Catrina Rimen, Rachael Lloyd and Max Taylor- all other development coaches
  
- ▶ Junior Coach - Steve Gregory
- ▶ Junior Coach -Jordan Chappell

# 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

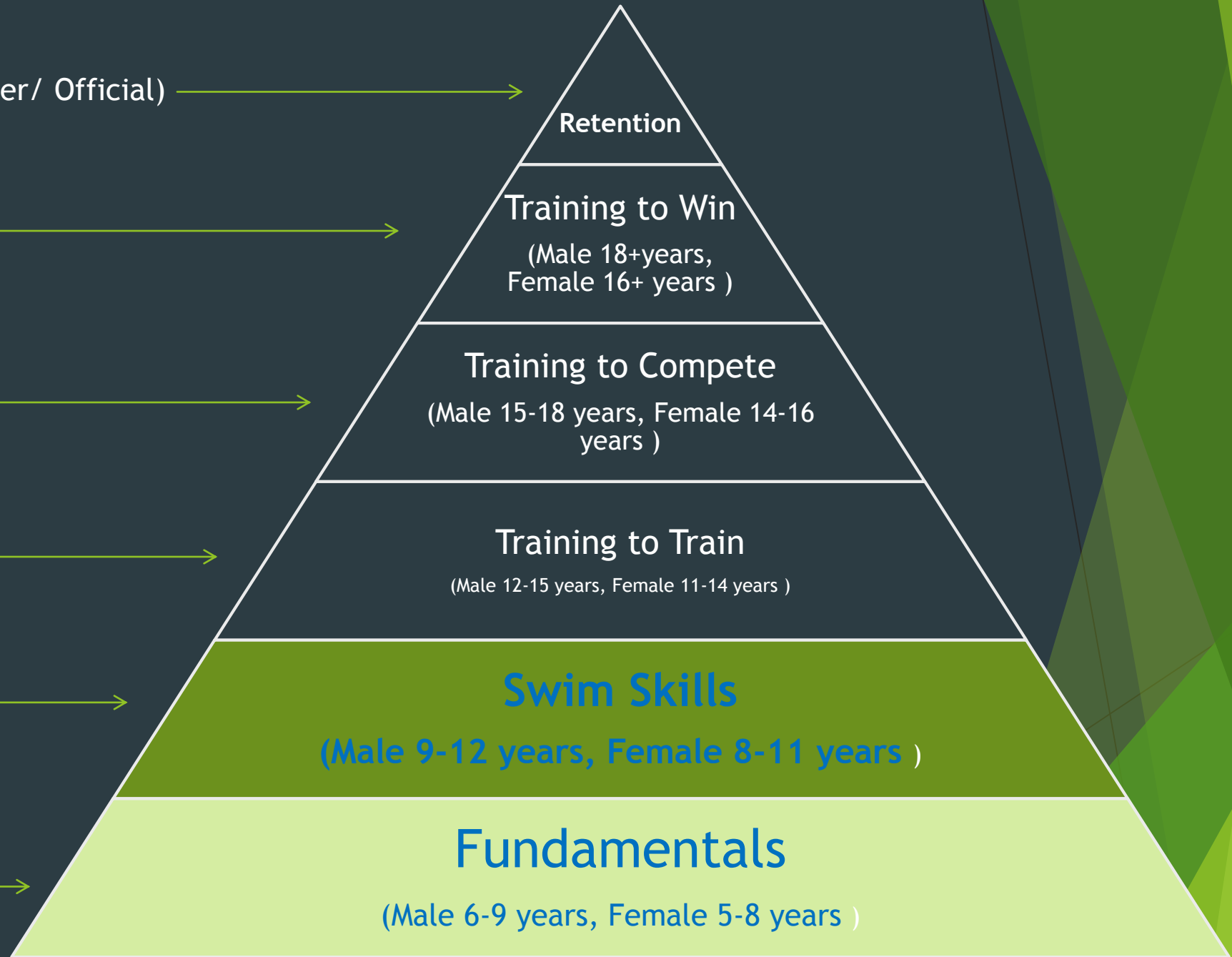
(Male 9-12 years, Female 8-11 years )

Basic movement  
literacy



Fundamentals

(Male 6-9 years, Female 5-8 years )



# Development Squad

| Squad         | Hours | Day       | Time          | Venue        |
|---------------|-------|-----------|---------------|--------------|
| Development 1 | 1     | Tuesday   | 18:00 - 19:00 | Rugby School |
|               |       |           |               |              |
| Development 2 | 2     | Tuesday   | 18:00 - 19:00 | Rugby School |
|               |       | Sunday    | 17:00 - 18:00 | QDJC         |
|               |       |           |               |              |
| Development 3 | 3     | Tuesday   | 18:00 - 19:00 | Rugby School |
|               |       | Wednesday | 18:00 - 19:00 | Rugby School |
|               |       | Sunday    | 17:00 - 18:00 | QDJC         |

# Juniors Squad

| Squad   | Hours | Day       | Time          | Venue        |
|---------|-------|-----------|---------------|--------------|
| Juniors | 5.5   | Wednesday | 18:00 - 19:30 | Rugby School |
|         |       | Thursday  | 18:00 - 20:00 | Rugby School |
|         |       | Sunday    | 17:00 - 19:00 | QDJC         |



# Targeted Events

|             |   |
|-------------|---|
| 30th Sept   | Coventry & Districts Primaries                                |
| 7th Oct     | Coventry & Districts Primaries / Arena League / Winter League |
| 4th Nov     | Arena League / Winter League                                  |
| 18th Nov    | City of Coventry Winter Open                                  |
| 2nd Dec     | <b>Rugby Open Sprints</b>                                     |
| 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 | <b>Rugby Open Meet</b>  |
| 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  |

# 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

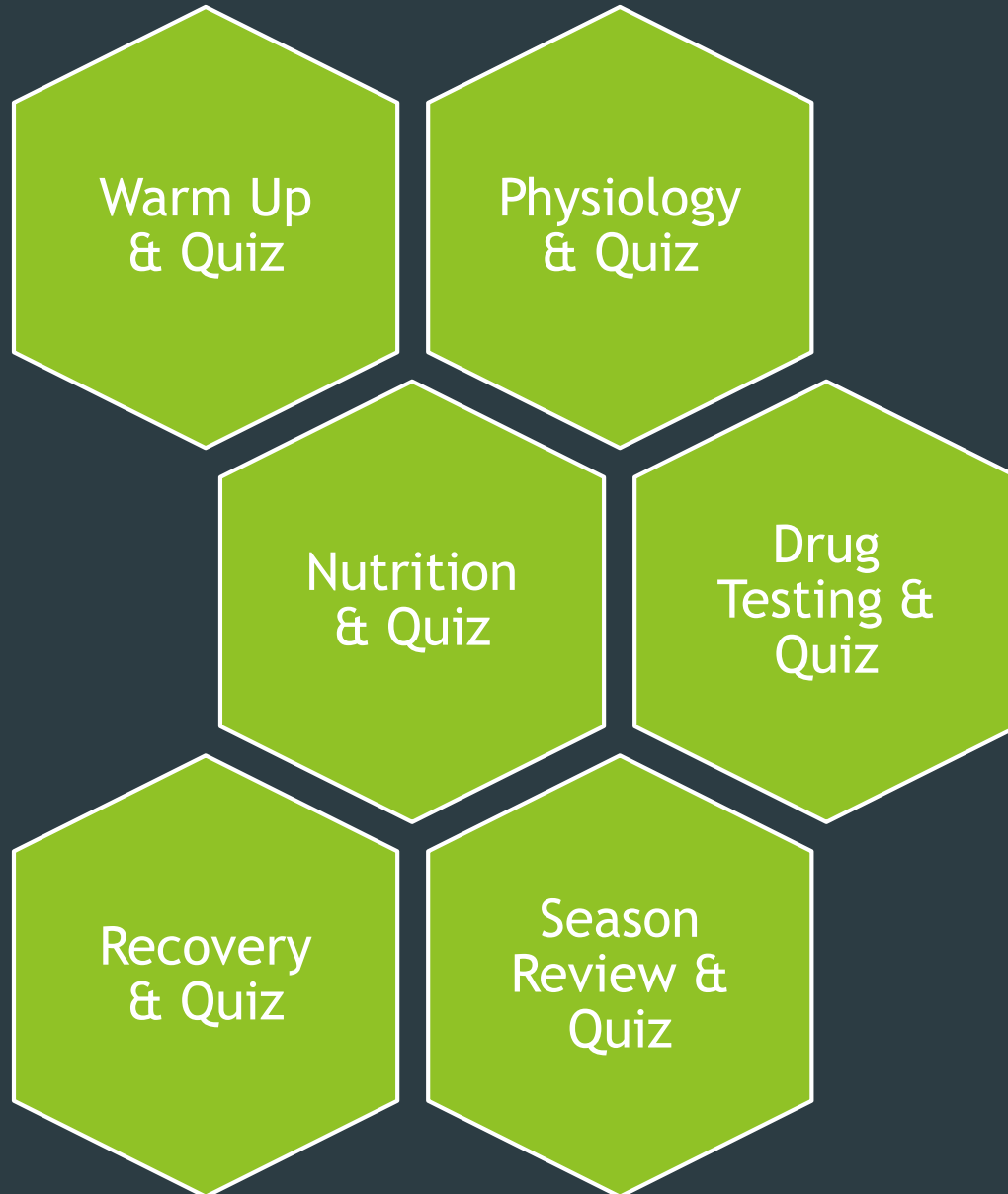
## Psychological

- Mental skills

## Lifestyle

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

# Education Programme



# 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  |                  |
|-----------------------------|----------|------------------|----------|------------------|
|                             | £        | £                | £        | £                |
| <b>Income</b>               |          |                  |          |                  |
| 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      |                  |
| <b>Total Income</b>         |          | <b>169,502</b>   |          | <b>163,717</b>   |
| <b>Expenditure</b>          |          |                  |          |                  |
| 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)  |                  |
| <b>Total Expenditure</b>    |          | <b>(165,328)</b> |          | <b>(153,140)</b> |
| <b>Surplus for the year</b> |          | <b>4,174</b>     |          | <b>10,577</b>    |

► RSC P&L Statement 2017/2018

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

# Questions