



REGIONAL SQUAD

The Regional squad aims to support the development and progression of swimmers already training at county standard within our Age Group Development 1 Squad. Through high quality coaching, incorporating national long term athlete development recommendations, the training programme continues to focus on:

- Stroke technique
- Skill development across all strokes
- Competitive development and progression
- Improved aerobic ability
- Achievement of regional qualification times
- Expectation to compete in team events
- Expectation to compete individually

We offer 8 pool-based training sessions a week (16 hours) as well as 3 land based/gym sessions a week (4.5 hours) devised and overseen by our qualified strength and conditioning coach, Lewis Fox. Session times are as follows:

DAY	VENUE	FOCUS	TIME
Monday	St Peter's	Pool	5am-7am
Monday	St Peter's	Pool	5.30pm-7.30pm
Monday	St Peter's	Gym	7.45pm-8.30pm
Wednesday	St Peter's	Pool	5am-7am
Wednesday	St Peter's	Pool	5.30-7.30pm
Wednesday	St Peter's	Gym	7.45pm-8.30pm
Thursday	St Peter's	Land Training	5.30pm-6pm
Thursday	St Peter's	Pool	6pm-8pm
Friday	St Peter's	Pool	5am-7am
Friday	St Peter's	Pool	5.30pm-7.30pm
Saturday	St Peter's	Pool	6am-8am
Saturday	St Peter's	Gym	8am-9am

Costs and Methods of Payment

Standing Order: £70 a month, enabling attendance at all the above sessions each month.

Payment should be made by standing order or bank transfer: Burnley Bobcats ADM Swimming Club, sort code: 404680 account number: 91156241 (**please include the name of the swimmer**), to be received by the Club by the 10th of the month.

Coach Feedback

Lead Coach Craig Lord will be available for feedback **after** training sessions or alternatively please contact Burnley Bobcats ADM Swimming Club via email. Please be aware coaches cannot be held for too long due to their other training commitments and may choose to organise a more convenient time for feedback and queries at a more time convenient period.

Swimmer Progression

Feedback will be discussed between the coaching staff and decisions on swimmer movement will be decided by the lead coach in conjunction with the head coach. Parents will be notified of any change to their swimmer's squad group via email, with any queries to be forwarded to the email address for clarification for the next steps.

Cancellation of Place

If a swimmer no longer wants to attend their swimming sessions, please can parents commence the following steps

Standing Order: Notify the club via email or on the door to ensure your child's place is not withheld and can be offered to a swimmer from the waiting list. To minimise Club administration costs please notify the club before the 10th of the month, otherwise payment for the month cannot be refunded.

We hope your child enjoys learning, training, and developing their swimming with the club. There is a wealth of information available on the club website. However, should you have any questions, queries or concerns please do not hesitate to contact the club as follows:

Club Contact Details

Head Coach: Noel Horton

Assistant Head Coach: Craig Lord

Head of Development: Francis Livesey

E: burnleybobcats@gmail.com

T: 07455 351 771