



2016/2017

# Swim Camps

Aspiring to Achieve Olympic Podium Success



## Introduction

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Do you dream of taking part in the Olympic Games or even standing on the winner's podium? Reading this booklet could bring you closer to achieving this, and being part of the future England and British Swimming Teams.

Our aim is to identify, develop and nurture the best swimmers in England. This booklet explains how we can work together to help you achieve your goals. The ASA and England Programmes organise a series of development camps and competitions that can provide a pathway to international podium success. Within this booklet, each stage of the pathway is explained in detail, including how the pathway links in with British Swimming's World Class Programme.

We hope that the information will both inspire and motivate you to work hard to develop into the swimmer you can be.

**Be skillful**  
**Be prepared**  
**Be positive**  
**Be inspired**

For more information email: [swimmingtalent@swimming.org](mailto:swimmingtalent@swimming.org)

# Expectation of Swimmers

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The England Programmes swim camps aim to develop you into becoming a world class swimmer. You will be expected to demonstrate the right behaviours in order to achieve this end goal.

## **We expect you to:**

- Embrace these opportunities with an open mind and a willingness to learn.
- Apply this learning in your training environment on a consistent basis.
- Take responsibility, with our support, for advancing your own swimming career.

We encourage independence and self-awareness, and with our assistance, you will focus on your progression through to the British Swimming's World Class Programme.

We also encourage a robust foundation of technical swimming components upon which you would build your long term potential. England Programmes, along with British Swimming, deem this foundation to be the best in the world.

*"Focus, self-discipline, dedication and of course having fun, helps to turn dreams into reality."*

**Rebecca Adlington, Double Olympic Gold Medalist**  
Former member of England Swimming Pathway Team

*"I fulfilled a lifelong dream by representing my country on the biggest sporting stages, and was thrilled to win a medal at the 2004 Olympics. Taking the sport to a new level was such a great honour and achievement for me. There's no better time to try this than now."*

**Steve Parry, Olympic Medalist**  
Former member of England Swimming Pathway Team

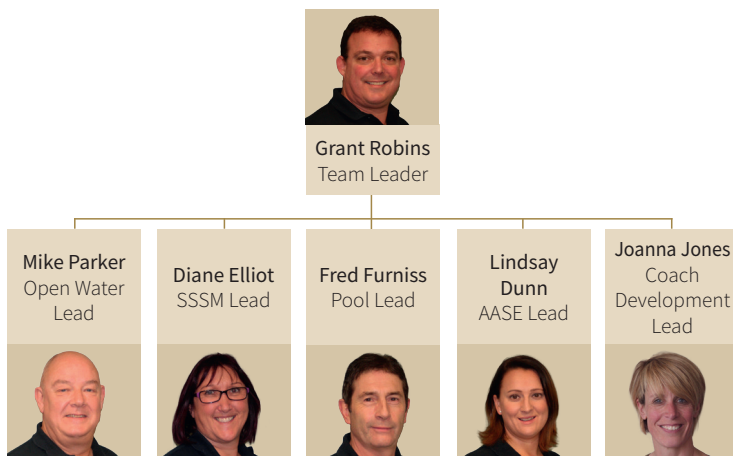
# England Programmes

The primary role of the England Programmes team is to identify and nurture talent. We work with British Swimming to develop swimmers to join the British Swimming World Class Programme in the future.

## The England Programmes team aim to:

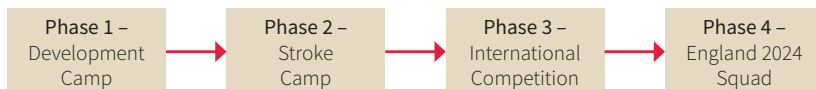
- Provide an environment which promotes outstanding foundation skills, aerobic development and four stroke efficiency to enable participation at the Olympic Games.
- Provide up-to-date, progressive and innovative swimming and coach education to ensure coaches, swimmers and parents are knowledgeable and well-informed.
- Provide the link between ASA counties, ASA regions and British Swimming.
- Identify swimmers through skill acquisition, profiling and tracking along the swimming pathway.

## Team Structure



## The Pathway

There are four phases in the England Programmes pathway to podium success:

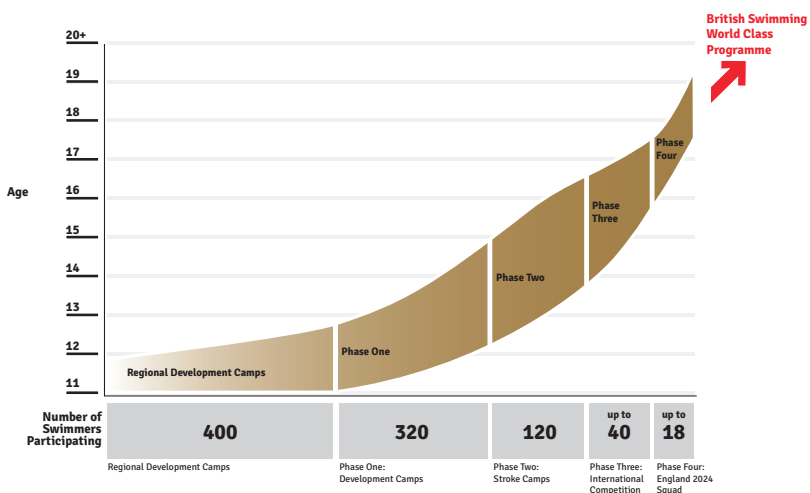


The aim of each phase is to develop and enhance skills and knowledge to inspire swimmers to achieve.

The common themes throughout each phase focus on identifying and improving process goals. These goals should allow all swimmers to achieve their objectives later in the season and assist in their preparation for long term success.

Staff members at each of these camps are there to support swimmers to improve the technical aspects of their swimming.

The England Programmes team passionately believes that to race internationally in the future, the basic fundamentals of efficient swimming need to be world class.





## Phase 1 – Development Camp

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### **Rationale**

During this camp, we aim to create an environment that allows swimmers to increase their potential, improve their skills and enhance their swim specific knowledge. Swimmers will then be profiled on physical, technical, physiological and historical factors.

### **Duration**

1 x Swim Day, 1 x Education Day

### **Date**

September/October 2016 (see dates on page 15)

### **Location**

Individual venues per region (see locations on page 15)

### **Number of Participants**

35-40 swimmers will be identified from each region.

Swimmers will be identified through competitive results, ranking or discretionary identification.

Please refer to the guidance document at the end of this brochure for more details.

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### **Development Camp Aims**

- To develop skills and improve stroke efficiency on all four strokes.
- To collect swimming data to allow a greater informed view of swimmers' future potential.
- To ensure technical swimming concepts are implemented and understood.

### **Eligible Athletes**

#### **Pool**

- Males born in 2002 or 2003
- Females born in 2003 or 2004

#### **Open Water**

- Males born in 2002
- Females born in 2003

### **How does this link with British Swimming's World Class Programme?**

British Swimming requires world class technical swimmers. The England Programmes' Development Camp provides in-depth education on the aspects of world class swimming. This will allow swimmers to return to their home programme and continue to perfect these skills to enhance future performance.

#### **NEXT STAGE**

**Having completed the Development Camp, if coaches have agreed that either technically, tactically or physically you are a potential swimmer for the immediate near future, then you will be invited to join Phase 2 – Stroke Camp.**

Should you not be successful this year, keep working on the skills learnt and come back stronger next year.



## Phase 2 – Stroke Camp

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### **Rationale**

Swimmers will be placed in a specific camp appropriate to the individual's best performance in a particular stroke.

There are three stroke camps:

- Breaststroke, butterfly, sprint individual medley.
- Backstroke and sprint freestyle.
- Distance freestyle, distance individual medley and open water.

England Programmes want to develop students of the sport. Camp education will be based on stroke-specific process goals but will build on the foundations laid down during the Development Camp. Other activities will include further screening and assessment, stroke and event specific skill development and assessment of technical abilities through digital replay.

### **Duration**

Three days

### **Date**

18–20 December 2016 (Sheffield)

19-21 December 2016 (Millfield/Coventry)

### **Location**

Millfield, Coventry or Sheffield

### **Number of Participants**

Approximately 120 swimmers in total.

Swimmers will be identified from the Phase 1 – Development Camp, by nomination from England Programmes Officers or by performance rankings following the British national and home nation summer meets.

Please refer to the guidance document at the end of this brochure for more details.



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### **Stroke Camp Aims**

- To implement and understand the benefits of mastering outstanding skills.
- To ensure lifestyle education is included whilst being a student of the sport.
- To provide an introduction to efficiency and fitness testing.

### **Eligible Athletes**

#### **Pool and Open Water**

- Males born in 2000, 2001 or 2002
- Females born in 2001, 2002 or 2003

### **How does this link with British Swimming's World Class Programme?**

Along with British Swimming, England Programmes want swimmers to become students of the sport.

Being a more informed, independent and self-reliant swimmer will increase potential for the future. We support swimmers in gaining valuable insight into how their sport has developed and ensure that they have the most up-to-date information on current performance strategies and practices.

**NEXT STAGE**

You will have shown that you are technically, tactically and physically capable. The coaches will also have noted that you have consistently made the correct choices to get the most out of the Stroke Camp. Your thirst to improve, your positive attitude and your ability to bring the best out of your teammates will help secure a place at Phase 3 – International Competition.



## Phase 3 – International Competition

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### Rationale

Swimmers who have shown commitment to achieving potential in previous camps will have the opportunity to travel as an England Programmes team member on a training camp or an international competition. Pool swimmers will be invited to attend an international swim meet while open water swimmers will attend a mixed race and training camp.

### Dates and Location

Dates, venues and locations change year-on-year but should you be selected for Phase 3 – International Competition, you will be notified by early 2017.

### Number of Participants

Up to 40 swimmers.

England Programmes Officers will identify swimmers who show the potential to be the best tactically, technically, physically and psychologically. Swimmers will be prioritised on the basis of overall competitive performance and their ability to achieve British Swimming's World Class status in the future.

Please refer to the guidance document at the end of this brochure for more details.



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### **International Competition Aims**

- To show competency in performance skills while in an international setting.
- To perform while competing and training abroad.
- To use strategies and processes gained in previous camps to ensure international success.

### **Eligible Athletes**

#### **Pool and Open Water**

- Males born in 1999, 2000 or 2001
- Females born in 2000, 2001 or 2002

### **How does this link with British Swimming's World Class Programme?**

The ability to compete internationally is what we are all about. The England Programmes International Competition phase aims to give you the knowledge, experience and confidence to be able to do this with distinction at a major games or championship in the future.

**NEXT STAGE**

**As youth internationals, England Programmes will support swimmers who show potential to be included in British Swimming's World Class Programmes in the future.**



## Phase 4 – England 2024 Squad

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### Rationale

England 2024 will support swimmers who have already achieved a level of performance that could lead to inclusion on British Swimming's World Class Programme in the near future. Swimmers will continually demonstrate their commitment to improve.

Swimmers will be identified by the England Programmes Team Leader after the British Swimming World Championships Trials in April 2017 and will be invited to attend an end of season international competition.

Identified athletes will be swimmers who are highly ranked domestically, will be available for major teams over the next four year cycle and will have consistently shown improvement throughout the season.

There will be a separate guidance document on the requirements to achieve consideration for England 2024 which will be published by early 2017.

### England 2024 Aims

- To expose swimmers to an end of season international competition.
- To inspire swimmers to achieve World Class status.
- To represent England at the Commonwealth Games and/or Great Britain at the Olympic Games in the future.

### Eligible Athletes

English swimmers who show potential, technically tactically and physically to achieve international podium results in the future.

### Pool and Open Water

- Males born in 1997 or younger
- Females born in 1998 or younger

England Programmes reserves the right to select swimmers in any proportion irrespective of age group.

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### **How does this link with British Swimming's World Class Programme?**

Swimmers develop and improve at different ages. England 2024 will support swimmers to ensure the opportunity to reach their international potential is not lost. There will be opportunities at the end of the season to compete abroad and with the ultimate aim to secure qualification for a major international event in the future.



# The Camp Curriculum

The educational element of England Programmes swim camps will nurture the philosophy of being students of the sport. The progressive curriculum below ensures that students continue to develop their knowledge and understanding of how the sport works.

Swimmers can expect to learn the tools that are essential to be included in the British Swimming's World Class Programme and this will help to assist them in gaining podium success.

## Year 1: 2016/2017

Subject	Phase 1	Phase 2	Phase 3
Strength and Conditioning	Streamlining techniques	Landing techniques	Race warm up and recovery
Physiotherapy	Stability and injury prevention	Injury prevention screening	Rolling and self-management
Nutrition	Staying healthy and growing	Sleep and recovery	Superfoods
Psychology and Lifestyle	Time management skills – school and swimming	Anti-doping and supplements	Planning a career/ education
Sports Science	Measuring heart rates	Underwater filming for stroke correction	Race planning and analysis doping procedure

## Year 2: 2017/2018

Subject	Phase 1	Phase 2	Phase 3
Strength and Conditioning	Basic fundamental movement patterns	Core fundamental movement patterns	Race warm up and recovery
Physiotherapy	Achieve streamlining	Injury prevention	Screening injury prevention talk
Nutrition	Recovery and training nutrition	Different session requirements	Travel, preparation and race recovery
Psychology and Lifestyle	Adversity and positive attitudes	What makes an elite athlete	Psychological preparation techniques
Sports Science	Stroke counts	Underwater filming for stroke correction	Swim down and energy systems
Parents	Role of the supportive parent	Pathway and general swimming advice	

# Dates for the Diary

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## Phase 1 (Regional)

West Midlands – Warwick

17 September 2016

East – Peterborough

17 September 2016

East Midlands – Moulton College

18 September 2016

North West – Accrington

18 September 2016

South East – Wycombe

9 October 2016

London – Trinity School, Croydon

2 October 2016

South West – Millfield

16 October 2016

North East – Sheffield

16 October 2016

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## Phase 1 – Education Days

Loughborough SportPark

27th November 2016

3-4 December 2016

An education day for all swimmers on phase 1

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## Phase 2 – Stroke Camp

Sheffield

18-20 December 2016

Millfield

19-21 December 2016

Coventry

19-21 December 2016

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## Phase 3 – International Competition

Pool – Location TBC

February/March/April 2017

Open Water – Majorca

29 May-2 June 2017 TBC

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## Phase 4 – England 2024

Pool – Location TBC

July 2017

(Possible Commonwealth Youth Games)

Open Water – Location TBC

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## AASE Induction weekend

Location TBC

10-11 November 2016 TBC

Delivery of the required expectations and technical knowledge for the duration of the course

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## Coach Development Opportunities

There will be a series of coach development opportunities available through attendance at camps and competitions throughout the season, and at the below workshops.

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## EP Symposium

Millfield

13 November 2016

Level 2 and 3 coaches, technical content linked with remedial land work

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## Development Workshop

Loughborough Link Hotel

23-25 November 2016

Level 2 and 3 coaches, technical content with some philosophical skills

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## Performance Workshop

Loughborough Link Hotel

23-25 November 2016

Level 3 coaches, technical content including philosophical skills

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## Strength and Conditioning / Physiotherapy

Location TBC

25 March 2017 TBC

Any S&C coach or physio working in a swimming club wanting to learn the latest techniques to improve swimmers and swimming

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## Advance to First Race

North/South/Midlands

Locations TBC

March 2017

Evolving with the NDS. But focus on specifically the 4 strokes for teachers and level 1 coaches

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# Guidance Document for England Programmes 2016/2017

## 1.0 Overview and Rationale

We aim to prepare swimmers with the capability to join British Swimming's World Class programmes.

The strategic goal of the programme is to have a system that will support and enhance the development of high quality senior athletes for the future, and seek to identify individuals with the aspirations to achieve Olympic podium success.

This document allows England Programmes Officers to identify swimmers to attend programme activities using rankings and discretionary observations. Elements of the document are intended to ensure that all available information and circumstances can be taken into account in identifying swimmers relevant to the above aims.

Decisions based upon discretion will be made subjectively, with reference to what is known about the individual swimmer. This allows the finite resources of the programme to be applied in a flexible and targeted manner.

## 2.0 Development Camps – Phase 1

Activity level: One day swim camp in (September/October, various locations)

One day education seminar. (November/December, SportPark, Loughborough)

2.1 Up to 260 swimmers will be selected to attend one of eight Development Camps as follows:

2.1.1 The top 6 ranked males born in 2002 or 2003 and females born in 2003 or 2004 in each event as per rankings as at 6th August 2016.

2.1.2 Up to 6 male and 6 female selections will be made at the absolute discretion of the EP Open Water Technical Lead for males born in 2002 and females born in 2003.

2.1.3 Further selections will be made at the absolute discretion of the England Programmes Team Leader in consultation with the

England Programmes Officers. Such selections may be made on a technical, tactical, physical or performance basis.

2.1.4 The selections will be made on a national basis and swimmers will be allocated to an appropriately located camp but not necessarily in their own region.

## 3.0 Stroke Camps – Phase 2

Activity level: Three day residential camp. (Provisional dates: 19 – 21 December. Various locations dependant on selected swim event)

3.1 In excess of 100 swimmers will be selected to attend one of three stroke camps as follows:

3.1.1 The top 2 ranked males born in 2000 or 2001 and females born in 2001 or 2002 in each individual Olympic pool event as at 6th August 2016 will be selected.

3.1.2 Up to 36 swimmers will also be



- identified for selection from those attending the Development Camp as follows:
- Males born 2002 and Females born 2003 .
- 3.1.3** Up to 20 further selections, at the absolute discretion of the England Programme Officers, will be made from swimmers attending the Development Camp or rankings for the following aged swimmers males born 2000, 2001 or 2002 and females born 2001, 2002 or 2003.
- 3.1.4** These selections (3.1.2 & 3.1.3) are at the absolute discretion of the England Programmes Team Leader in consultation with England Programmes Officers. Such selections may be made on a technical, tactical, physical or performance basis.
- 3.2 Open Water Stroke Camp**
- 3.2.1** Up to 12 Open Water selections may be made for male or female swimmers born in 2000, 2001, 2002 or 2003. These selections are at the absolute discretion of the Open Water Technical Lead.
- 4.0 International Competition – Phase 3**
- Pool activity level:  
Specific pool competition exposure. (Feb/Mar 2017)
- 4.1** Up to 28 swimmers will be selected to attend England Programmes pool team competition as follows:
- 4.1.1** Up to 16 swimmers (males born in 2000 or 2001 and females born in 2001 or 2002) will be identified from attendees of England Programmes stroke camps at the absolute discretion of England Programmes Officers.
- 4.1.2** Up to 8 swimmers (males born in 1999 and females born in 2000) will be identified through national rankings at the absolute discretion of England Programmes Officers.
- 4.1.3** Up to 4 swimmers will be identified across any of the age groups listed in section 4, at the absolute discretion of the Pool Swimming Technical Lead.
- Open water activity level: Majorca training and competition exposure. ( ½ term holiday – May 2017)
- 4.2** Up to 12 swimmers will be selected to attend England Programmes open water training camp and competition as follows:
- 4.2.1** Up to 8 swimmers will be identified from attendees of England Programmes stroke camps at the absolute discretion of England Programmes Open Water Technical Lead.
- 4.2.2** Up to 4 swimmers born 1997 or younger will be identified at the absolute discretion of the England Programmes Open Water Technical Lead.
- 5.0 England Programmes 2024**
- Pool and Open Water activity level:  
Specific Senior pool competition exposure. (Jun/Jul 2017)
- Open Water level activity:  
Specific Senior International open water competition exposure. (Jun/Jul 2017)

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- 5.1 Up to 18 swimmers will be selected to attend an England Programmes 2024 team. These swimmers, with no specific gender or discipline split, will be selected to attend a pool or open water competition as follows:
    - 5.1.1 Swimmers who have already achieved a level of performance that could potentially lead to inclusion on British Swimming's World Class Programme in the near future.
    - 5.1.2 Swimmers continually demonstrate commitment to improve by achieving best times in their chosen event in the current 2016 / 2017 season.
    - 5.1.3 Swimmers will be identified by the England Programmes following British Swimming selection trials in 2017 and will be invited to attend an end of season international competition.
    - 5.1.4 Identified swimmers will be swimmers who are highly ranked domestically, will be available for major teams over the next four year cycle and will have consistently shown improvement throughout the 2016 / 2017 season, but not included in British Swimming World Class activities.
    - 5.1.5 Males born 1997 or younger, Females born 1998 or younger.
    - 5.1.6 All selections are at the absolute discretion of England Programmes Team Leader.
  
  - 6.0 **Coach development opportunities**

There will be a series of coach development opportunities available through attendance at the above camps and competitions throughout the season.

    - 6.1 Selection of coaches to contribute to the delivery of camp activities will be made by the England Programme Officers specific to each event. Selections will seek to achieve a balanced staff to ensure quality of delivery and coach development outcomes.
    - 6.2 To promote inclusion and continual professional development, Coaches interested in contributing to the camps or competitions as a member of staff should note their interest to an England Programmes Officer in the first instance.
    - 6.3 England Programmes operate an 'open door' policy and prior agreement and notice would welcome observers to their activities.
  
  - 7.0 **General Conditions**
    - 7.1 All swimmers participating in England Programmes activities must be eligible to represent England at international level.
    - 7.2 World Class Programme swimmers are not eligible for selection.
    - 7.3 Swimmers accepting selection will be expected to commit to all aspects of the programme, including providing information when requested, attending the specific invited activity and

- maintaining a commitment to their own development in the sport. It is assumed that a clash of dates with domestic club events and that of the national England Programme event will take precedent.
- 7.4 Only swimmers selected will be notified by the ASA.
- 7.5 Any swimmer who has withdrawn or been excluded from past programme activities may be ineligible for selection.
- 7.6 Should further opportunities arise outside of this guidance document, England Programmes reserve the right to make further selections at the absolute discretion of the England Programmes Team Leader in consultation with the England Programmes Officers.
- 7.7 There shall be no right of appeal if a swimmer is unsuccessful in attaining a place with England Programmes.

Age as at 31st December 2016		2016/2017 Season									Pool	OW
		2005	2004	2003	2002	2001	2000	1999	1998	1997		
		11	12	13	14	15	16	17	18	19		
Regional Camp	Male		144	144							576+ swimmers	
	Female	144	144									
Development Camp	Male			300	300						300+ swimmers	16 swimmers
	Female		300	300								
Stroke Camp	Male				72	72	28				100+ swimmers	16 swimmers
	Female			72	72	28						
International Camp	Male					16	16	8		+4	Up to 28 swimmers	12 swimmers
	Female				16	16	8		+4			
England 2024 Squad	Male										Max 18 swimmers	
	Female											



## The ASA

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