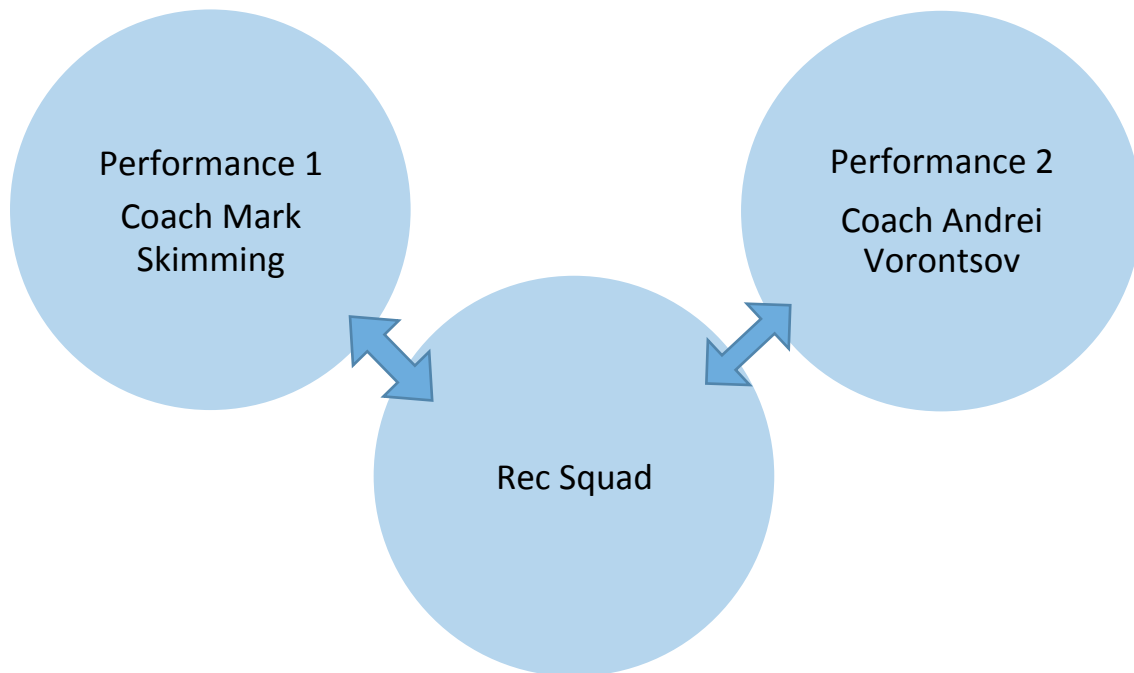




University of Bath Swimming

The University Swimming Club is made up of 3 squads:



In order to participate in the Performance squads, athletes must agree to the following requirements outlined below:

- a. Fully support and contribute to the University of Bath Swimming programme
- b. Take responsibility for your own athletic development and performance, academic commitments and performance lifestyle
- c. Make the required commitment to the appropriate squad
- d. Always challenge yourself to be positive and continually raise your game
- e. To be a valued member of the swimming team
- f. Understand that being a part of the team is a privilege and not a right.

Swimmers not committing to meeting any of the above conditions may result in a swimmer being asked to leave the programme.

The Head Coach reserves the right to allocate people places on the team to swimmers who will contribute to the positive environment outlined above and will contribute to the overall goals of the programme



1. Swimmers Achieving Times:

- a. First year swimmers will be offered a place on the team by achieving the qualifying times from 1st July 2019 until 1st September 2020 (see table below)
- b. Returning swimmers will be offered a place on the team based on achievement of times in the in the table, previous year's attendance and attitude.
- c. The Head Coach reserves the right to accept a limited number of full-time athletes who are not students. The minimum standard required is a British Championship finalist, or equivalent time for International swimmers with a chance to qualify for International teams. (the cost for full time athletes is £75 per month for alumni £100 per month for non-alumni)

2. There is no requirement for the squads to be at capacity (28 capacity), however if swimmers show desire and commitment then point 3 below can apply to being part of the squads.

3. Swimmers Not Achieving Qualification Times:

Where there are spaces available squads will be filled on the below criteria:

- a. Times closest to the qualifying times in the period 1st July 2019 until 1st September 2020
- b. Swimmers who show commitment and talent to meet the qualification times in the next 12 months

4. Para swimmers

Para swimmers in classes S7 to S14 will be considered for a place in the programme based on:

- a. Their ability to train within an able-bodied squad
- b. A British Disability Points score at least 800 in a Paralympic event between 1st July 2019 and 1st September 2020

5. General Conditions:

All selections are subject to available places on the team and where necessary will be prioritised at the discretion of the Head Coach in conjunction with the coaching team.



Qualification Times for Performance squads 2020/2021

Male	Event	Female
00:24.37	50m Free	00:27.14
00:52.93	100m Free	00:58.58
01:56.00	200m Free	02:06.34
04:07.38	400m Free	04:27.19
08:35.41	800m Free	09:13.20
16:33.44	1500m Free	17:44.25
00:27.67	50m Bk	00:30.50
00:59.41	100m Bk	01:05.18
02:09.40	200m Bk	02:21.10
00:30.47	50m Breast	00:34.04
01:06.93	100m Breast	01:14.14
02:25.96	200m Breast	02:39.93
00:26.17	50m Fly	00:28.63
00:57.59	100m Fly	01:03.53
02:08.96	200m Fly	02:20.47
02:11.12	200m IM	02:23.07
04:41.92	400m IM	05:04.09

University Performance Squads:

The programme is underpinned through support from the University in the provision of facilities and resources to provide;

Performance 1: Targets 50m – 200m events

- 9 swimming sessions per week from a coach with International experience,
- 2 Gym sessions per week, 1 with S&C coach,
- 1 core session per week led by physio,
- 3x pre pool sessions per week led by the physio (selected swimmers)
- 60 minutes physio clinic per week between the group members aimed at prehab.

Performance 2: Targets 100m – open water events

- 10 swimming sessions per week from highly motivated coaches with International experience,
- 2 Gym sessions per week with S&C coach
- 1 Core Session per week led by Physio,
- 3 x pre pool sessions per week that are physio led (selected swimmers)
- 60 minutes per week of Physio clinic between the group members aimed at prehab.



There will be racing throughout the year: BUCS Championships long and short course, International meets (outside UK), open meets in UK with targeted meets in December, April and the end of July.

Our staff:

Mark Skimming – Head Coach since 2008. Has coached swimmers that have medalled at World University Games, Paralympics, Para World Championships, European Championships and Para European Championships, Commonwealth Games, and achieved multiple national titles. Placed swimmers on Olympic and World Championship teams. In addition, performance swimming coach for Modern Pentathlon helping to achieve Olympic, World and European individual and team medals since 2007.

Dr Andrei Vorontsov – Assistant Coach since 2017. Former coach at Swedish National Centre 2012 - 2016, coaching multiple Olympic, World, European champions, medallists and record holders. Former Russian Head Coach 2008-2012 overseeing team success at European, World and Olympic level. Previous appointments working within British Swimming and English swimming coaching swimmers to international junior and senior success and mentoring coaches.

Martin Mosey – Assistant coach since 2015. With over 30 years of experience coaching and in swimming development. Working with GB junior and Youth teams over many years, including coaching over 20 individuals to GB junior level.

Barry Edwards Physiotherapist - with extensive swimming and multisport experience, with specialities that include core stability, postural correction and joint and soft tissue manual therapy.

George Studd – Strength and Conditioning coach – former professional rugby player. A special interest in working in a multi-faceted team to improve performance.

Training Fee:

Each performance squad member will contribute £479 per annum which includes gym and fitness centre membership

Expectations:

In order to achieve the squad, aim of being able to compete at Senior National and International level, consistency is the key. The expectations of each squad member towards this aim is;

- A minimum of 75% attendance at training
- Attendance at all meets identified by the squad coach
- Effective communication between the swimmer and the coaches
- Commitment to complete the season based in Bath- September until the summer meet

Allocation to training groups may change year on year in order to deliver the best for the programme and swimmers.