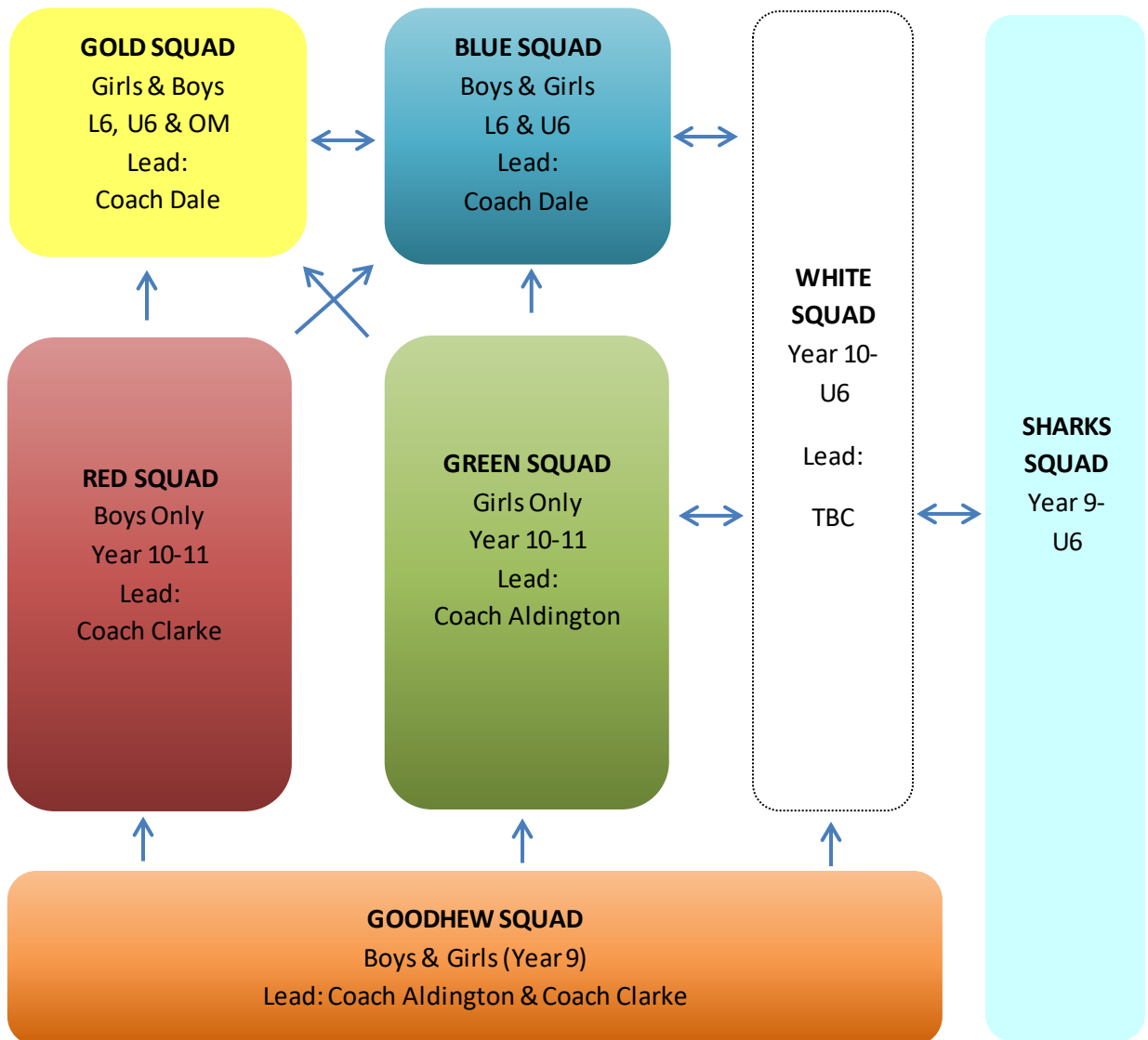




SWIMMING SCHOOL SQUAD STRUCTURE 2018 - 2019



SQUAD STRUCTURE 2018 2019 – INFORMATION

Goodhew Squad

Advised Entry Requirement: County QT

Lead: Coach Aldington aldington.r@millfieldschool.com & Coach Clarke clarke.j@millfieldschool.com

The Goodhew squad will be open to those students in Year 9 only, and will consist of both swimming specialists and multi-sport pupils. The advised minimum standard is County Championship qualifying times. Student fast tracking may occur where necessary, at the sole discretion of the Director of Swimming. The Goodhew squad focus will be in line with the 9@Millfield program and its ethos, whilst targeting Regional and National qualification where relevant.

Green Squad

Advised Entry Requirement: Regional QT

Lead: Coach Aldington aldington.r@millfieldschool.com

The Green squad will consist of female students only. The squad will consist of pupils that are aspiring to compete at regional championships and are striving to national & international success. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the white squad. Each pupil will be expected to achieve a minimum weekly attendance in order to stay eligible for the squad. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 2 competitions per term. Only pupils in Years 10 & 11 are eligible to be in the Green squad and any changes will be subject to bi-annual review by the Director of Swimming. Student fast tracking may occur where necessary, at the sole discretion of the Director of Swimming.

Red Squad

Advised Entry Requirement: Regional QT

Lead: clarke.j@millfieldschool.com

The Red squad will consist of male students in Y10 and Y11 who are aspiring to the Regional championships and striving to national & international success. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the White squad. Each pupil will be given a minimum attendance standard to remain eligible for the squad. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 1 competition per term and any changes will be subject to bi-annual review by the Director of Swimming. Student fast tracking may occur where necessary, at the sole discretion of the Director of Swimming.

Blue Squad

Advised Entry Requirement: Regional QT

Transition Review: British Champs QT

Lead: Coach Dale dale.e@millfieldschool.com

The Blue Squad will consist of pupils in the 6th form only. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the White squad. Each pupil will be given a minimum attendance standard in order to stay eligible for the squad. Provision restrictions will occur for repeated poor attendance. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 1 competition per term. Changes will be subject to bi-annual review by the Director of Swimming.

Gold Squad

Minimum Entry Requirement: Directors Discretion

Lead: Coach Dale dale.e@millfieldschool.com

The Gold squad will consist primarily of those pupils that have qualified for the British Championships in the current year. Selection into the gold squad is centred on behaviours, development stage, training age, compatibility and at the complete discretion of the Director of swimming. The squad will consist of qualifying male & female pupils in L6th & U6th and potentially others by appointment of the Director of Swimming. The students are required to be a swimming specialist to remain eligible for the squad. Suitable OM's and TEAM Millfield pupils will also be eligible.

White Squad

Advised Entry Requirement: County QT

Director of Triathlon: Peter Guthrie pcg@millfieldschool.com

Director of Modern Pentathlon: Tristan Paris TRP@millfieldschool.com

The White squad will consist of those pupils who are multi-sport based and place their priority on Modern Pentathlon, Triathlon and general participation. Some students within the squad may be required to attend Sharks sessions to fulfil Games commitments. The squad will be open to those in Year 10 – Upper 6th and will be reviewed twice annually by the Director of Swimming. Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.





MILLFIELD

GOODHEW SQUAD 2018-2019

Lead Coach/Point of Contact: Coach Aldington
 Support coach: Coach Clarke/Coach Gouldby/Coach Waddingham
 Athlete Point of Contact: Polly Painter, Tatiana Tostevin, Yasmine Hamerlaine
 Admin Point of Contact: Ellie Devine (swimming@millfieldschool.com)

Information:

The Goodhew squad will be open to those athletes in Year 9 only, and will consist of both swimming specialists and multi-sport athletes. The advised minimum standard is County Championship qualifying times. Athlete fast tracking may occur where necessary, at the sole discretion of the Director of Swimming. The Goodhew squad focus will be in line with the 9@Millfield program and its ethos, whilst targeting Regional and National qualification where relevant.

Target Meets:

Cycle 1: Open Meet (Nov/Dec 2018)
 Swim England Regional Winter Meet (2018)

Cycle 2: Regional Championships (May 2019)
 British Summer Championships (July 2019)
 Swim England Summer Championships (Aug 2019)

Process Meets:

Millfield SC, Winter Regional Champs, County LC, Millfield LC, Arena League.

Training Schedule:

	Mon	Tue	Wed	Thu	Fri	Sat
AM	Swim 1130-1300	Land 1230-1315			Swim 0550-0750	Swim 0550-0750
PM	Supervised Prep 1540-1715 Swim 1815-2000	Swim** 1615-1800	Swim 1330-1530 Land 1545-1700	Supervised Prep 1600-1735 Swim 1815-2000	Swim** 1615-1800	"Top up" Swim* 1330-1530

*This session will be with the prep school swimmers and for students who might have missed sessions during the week due to other school commitments.

**These sessions are invite only, for swimmers of a certain performance & behaviour. These sessions cross over with Year 9 Co-Curricular & MAP

Please arrive for morning swimming sessions by 5.40am and as early as possible in the afternoons to complete pre-pool. If, for any reason, you need to miss a training session, please communicate this by email to your squad coach prior to the commencement of the session. Any athlete failing to meet the minimum attendance requirements will be subject to review.

Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the group coach.

If you are ill, please do not attend practice until you have sign off from a doctor, as you are likely to infect others.



MILLFIELD

GREEN SQUAD 2018-2019

Lead Coach/Point of Contact: Coach Aldington
 Support Coaches: Coach Clarke, Coach Waddingham
 Athlete Point of Contact: Polly Painter, Tatiana Tostevin, Yasmine Hamerlaine
 Admin Point of Contact: Ellie Devine (swimming@millfieldschool.com)

Information:

The Green squad will consist of female students only. The squad will consist of pupils that are aspiring to compete at regional championships and are striving to national & international success. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the white squad. Each pupil will be expected to achieve a minimum weekly attendance in order to stay eligible for the squad. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 2 competitions per term. Only pupils in Years 10 & 11 are eligible to be in the Green squad and any changes will be subject to bi-annual review by the Director of Swimming. Student fast tracking may occur where necessary, at the sole discretion of the Director of Swimming

Target Meets:

Cycle 1: Domestic Open Meet (Dec 2018)
 Swim England Winter Meet (2018)

Cycle 2: SW Regional Youth Championships (May 2019)
 British Summer Championships (July 2019)
 Swim England Summer Championships (Aug 2019)

Process Meets:

Millfield SCL2, Winter Regional Champs, County LC, Millfield/Taunton SCL3, International racing meets (TBA), Arena League.

Training Schedule:

	Mon	Tue	Wed	Thu	Fri	Sat
AM	Swim 0540-0750	Land 0630-0730	OFF	OFF	Swim 0540-0750	Swim 0540-0750
Lunch				Land 1230-1315		
PM	Swim 1600-1800	Swim 1615-1800	Swim 1330-1530 Land 1545-1700	Swim 1615-1800	Swim 1615-1800	

Please arrive for morning swimming sessions by 5.40am and as early as possible in the afternoons to complete pre-pool. If, for any reason, you need to miss a training session, please communicate this by email to your squad coach prior to the commencement of the session.

Any athlete failing to meet the minimum attendance requirements will be subject to review.

Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.

If you are ill, please do not attend practice until you have sign off from a doctor, as you are likely to infect others



MILLFIELD

RED SQUAD 2018 2019

Lead Coach/Point of Contact: Coach Clarke
 Support Coach: Coach Dale/Coach Waddingham
 Athlete Point of Contact(s): Jonah Pool-Jones, Will Ellington, Alex Sargeant
 Admin Point of Contact: Ellie Devine (swimming@millfieldschool.com)

Information:

The Red squad will consist of male students in Y10 and Y11 who are aspiring to the Regional championships and striving to national & international success. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the White squad. Each pupil will be given a minimum attendance standard to remain eligible for the squad. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 1 competition per term and any changes will be subject to bi-annual review by the Director of Swimming. Student fast tracking may occur where necessary, at the sole discretion of the Director of Swimming

Target Meets:

Cycle 1: Domestic Open Meet (Dec 2018)
 Swim England Winter Meet (2018)

Cycle 2: SW Regional Youth Championships (May 2019)
 British Summer Championships (July 2019)
 Swim England Summer Championships (Aug 2019)

Process Meets:

Millfield / Taunton SC, Winter Regional Champs, County LC, Millfield/Taunton LC, International racing meets (TBA), Arena League.

Training Schedule:

	Mon	Tue	Wed	Thu	Fri	Sat
AM	Swim 0550-0750	Swim 0550-0750	OFF	Swim 0550-0750	OFF	Swim 0550-0750
Lunch					AD 1230-1315	
PM	Swim 1600-1800	Swim 1615-1800	Swim 1330-1530 AD 1545-1645	Swim 1615-1800	Swim 1615-1800	

Philosophy

- Commitment to training – a commitment to 5+ sessions in the pool per week plus gym sessions in alignment with a coach advised timetable.
- Commitment to competition – a reasonable, positive and progressive selection of goals that will allow a competition goal every cycle.
- Development – Displaying a growth-based mindset that encourages the athlete and the person to develop into a coachable swimmer.
- **“Always learning”** mentality – Working with coaches to understand performance, mentality and new ways of improving in order to maximise opportunity moving forward.



MILLFIELD

BLUE SQUAD 2018 2019

Lead Coach/Point of Contact: Coach Dale
 Support Coach: Coach Waddingham
 Athlete Point of Contact: Danny New/Imara-Bella Thorpe
 Admin Point of Contact: Ellie Devine (swimming@millfieldschool.com)

Information

Advised Entry Requirement: Regional QT

Transition Review: British Champs QT

The Blue Squad will consist of pupils in the 6th form only. The squad will permit both swimming specialists and pupils who may play other sports. Students who prioritise Triathlon & Modern Pentathlon will be assigned to the White squad. Each pupil will be given a minimum attendance standard in order to stay eligible for the squad. Students must adhere to a pool-based competition structure and are required to compete in a minimum of 1 competition per term. Changes will be subject to bi-annual review by the Director of Swimming.

Target Meets + Training Schedule:

Cycle 1: Domestic Open Meet (Dec 2018)
 Swim England Winter Meet (2018)/Winter Regionals (2018)
 Cycle 2: SW Regional Youth Championships (May 2019)
 British Summer Championships (July 2019)
 Swim England Summer Championships (Aug 2019)

	Mon	Tue	Wed	Thu	Fri	Sat
AM	Swim 0540-0750	Swim 0540-0750	OFF	OFF	Swim 0540-0750	Swim 0540-0750 (Invite only)
PM	Swim 1615-1800 (Invite only) Swim 1800-1930	OFF	AD 1400-1515 Swim 1530-1730	Swim 1615-1800 (Invite only) Swim 1800-1930	MAP 1600-1700	“Top up” Mentoring Swim 1330-1530

Any athlete failing to meet the minimum attendance requirements and expectations for their group will be subject to review. PS AD sessions may be considered based on commitment and behaviour. Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming

Philosophy

- Commitment to training – a commitment to 5+ sessions in the pool per week plus gym sessions.
- Commitment to competition – a reasonable, positive and progressive selection of goals that will allow a competition goal every cycle.
- Attitude – Displaying a consistently positive and growth-based mindset that encourages the values of Millfield swimming and creates a productive working atmosphere.
- Performance – Showing an understanding of performance behaviours and appropriate development over the cycles to give the best chance at further success.
- **“What’s next”** mentality – Actively showing the desire to develop and better oneself and working with coaches to create the “next step” in the pathway both in and out of the pool.



MILLFIELD

GOLD SQUAD 2018 2019

Lead Coach/Point of Contact: Coach Dale
 Support/ Athletic Development Coach: Coach Waddingham
 Athlete Point of Contact: Santos Villalon/Emma Harvey
 Admin Point of Contact: Ellie Devine (swimming@millfieldschool.com)

Information:

The Gold squad will consist primarily of those pupils that have qualified for the British Championships in the current year. Selection into the gold squad is centred on behaviours, development stage, training age, compatibility and at the complete discretion of the Director of swimming. The squad will consist of qualifying male & female pupils in L6th & U6th and potentially others by appointment of the Director of Swimming. The athletes are required to be a swimming specialist to remain eligible for the squad. Suitable OM's and TEAM Millfield pupils will also be eligible.

Target Meets:

Cycle 1: British Championships (April 2019 Sheffield)
 Cycle 2: British Summer Championships: (July 2019)

Other: World Championships, European Juniors, World Juniors

Process Meets:

Inter Counties, Millfield / Taunton SC, South West SC Champs, County LC, Regional Youth Champs, Millfield /Taunton LC, International racing meets (TBA), Arena League

Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat
AM	Swim 0540-0750	Swim 0540-0750	OFF	Swim 0540-0750	GYM 0630-0730	Swim 0540-0750
	PS AD	PS AD/TECH SWIM		PS AD	PS AD/TECH SWIM	
PM	Swim 1600-1800	Swim 1615-1800	Land 1400-1515 Swim 1530-1730	Swim 1615-1800	Swim 1615-1800	

Please arrive for morning swimming sessions by 5.40am and ten minutes prior to stated afternoon start time. If, for any reason, you need to miss a training session, please communicate this by email to your squad coach prior to the commencement of the session. Please adhere to your individual training plan. You may be requested to miss training if your behaviour or academic standards are suffering. We expect you to be role models to all the squad and lead by example.

Excepting your position in this squad comes with an understand of continuous improvement. Every time you come to training you are expected to bring a sense of desire and a will to achieve. This group is designed to get the very best out of each student and the challenge their performance limits. If you are ill, please do not attend practice until you have sign off from a doctor, as you are likely to infect others.



MILLFIELD

WHITE SQUAD 2018-2019

Lead Coach/Swimming Contact: TBC
Athlete Point of Contact: William Howard (Mod Pent), Rufus Lewis (Triathlon)

Admin Point of Contact (Mod Pent): R.Lowndes-Northcott/T.Parris
Admin Point of Contact (Triathlon): P.Guthrie

Information:

The White squad will consist of those pupils who are multi-sport based and place their priority on Modern Pentathlon, Triathlon and general participation. Some students within the squad may be required to attend Sharks sessions to fulfil Games commitments. The squad will be open to those in Year 10 – Upper 6th and will be reviewed twice annually by the Director of Swimming. Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.

Target Meets:

In discussion with coach and individual multi-sport plan.

Process Swim Meets:

Somerset Development Meet, Millfield/Taunton County Qualifiers, South West SC Champs, ESSA, National Biathlon championships, County Championships, South West Age & Youth Championships, Millfield/Taunton LC

Training Schedule:

	Mon	Tue	Wed	Thu	Fri	Sat
AM		Swim 5.40-7.50 (Tri + Pentathlon)		Swim 5.40-7.50 (Tri + Pentathlon)	Swim 5.40-7.50 (Tri + Pentathlon)	
PM						

Please arrive for morning swimming sessions by 5.40am and for afternoon sessions by 5:45pm to complete pre-pool. If, for any reason, you need to miss a training session, please communicate this by email to your squad coach prior to the commencement of the session.

Any athlete failing to meet the minimum attendance requirements will be subject to review.

Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.

If you are ill, please do not attend practice until you have sign off from a doctor, as you are likely to infect others.