



RET FORD SWIMMING CLUB

Swim21
Accredited

Established 1896
Affiliated Notts A.S.A., A.S.A. East Midland Region
Please reply to: retfordswimcoach@hotmail.co.uk

12th July 2011

Dear Members and Guardians,

I quick update to end the season and to give you the information you require for the new season starting in September.....

Squad Structure

I have attached a draft outline of how the squad structure is going to work, as I have said on a number of occasions you will not see much difference in the terms of groups but you will see coaches working towards set goals and aims for each group which we have outlined as a coaching team. The structure will keep developing over the coming years.

Assessment Nights

August is still running so keep spreading the wordThank you.

Summer Training Plans

I have attached a notice explaining the summer training plans, if you want to be one step ahead of your group when the new season starts in September my advice would be not to have more than a 2 week break over the summer period.

Competition Plan 2011 – 2012

I have attached a draft plan, the main difference are –

1. Teaspoon Meet – I want the whole club to race early on in the season so as a coaching team we can identify strengths and weaknesses early on, see Jean or the club desk for entries.
2. Home Gala / Time trial – this is to give swimmers the best chances to gain qualifying times for our open meets and county championships.
3. Club Champs – Later in the season than you have been used to, this is to give you all a chance to train and improve before you race and it will also give you a great chance to gain county qualifying times just before the closing date. Look out for 800m/1500m and width events.
4. County Championships – Has been split into a youth section in December and an Age Group section in February. We aim to have a record number of Retford swimmers attending the county championships in 2011-12 season.
5. League Gala – these have been restructured to 3 stages and Sports Centre League, my decision is to select different teams as much as possible for each stage, and this will allow more racing opportunities for the whole club.

As a club we have a culture of over racing and under training, you can only race effectively on average once a month, that's 12 competitions per year. This is why the competition plan is set out and my advice is if you wish to race in other competitions then see me first and I will tell you if I think it is a good idea.

As always if you have any questions then just come and see me or use the email in the header.

Kind Regards

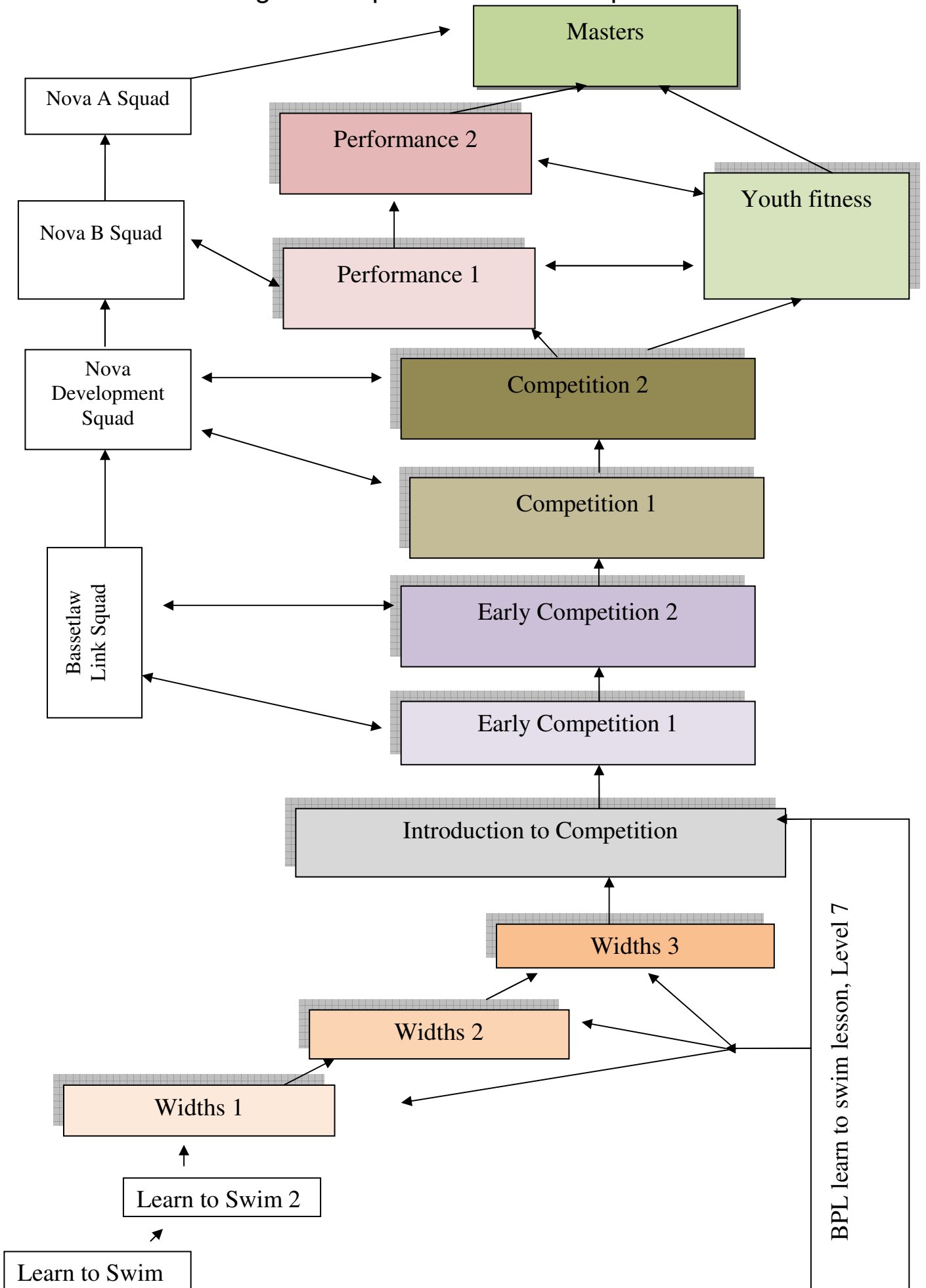
Simon Ferrarelli
Director of Swimming



email: retfordswimcoach@hotmail.co.uk
www.retfordswimmingclub.org.uk



Retford Swimming Club Squad Structure – September 2011





RETFORD SWIMMING CLUB

Established 1896

Affiliated Notts A.S.A., A.S.A. East Midland Region

Please reply to: retfordswimcoach@hotmail.co.uk

Swim21
Accredited

Summer Training Programme 2011 Monday 25th July – Monday 5th September

Wednesday Nights

6.00pm and 6.30pm groups as normal

7.15pm and 8.00pm groups will train together from 7.15pm – 8.15pm

Sunday Nights

Will be running as normal

Friday Nights and Saturday Mornings

Will NOT be running during this time

Preparation starts now for the new season in September so be ahead of your competitors and don't miss unnecessary sessions over the summer

Friday Night's last session is 22nd July and first one back is Friday 9th September

Saturday Morning's last session is 23rd July and first one back is Saturday 10th September

RETFORD SWIMMING CLUB – COMPETITION PLAN 2011 – 2012

Weekend	Meet	Level	Pool	Swimmers
<i>3/4 September</i>				
10	Sports Centre	TBC	TBC	Team selection – Fastest Swimmers
17	Minor Gala Round 1	TBC	TBC	Team selection
18	Sheffield Teaspoon	4 *	Ponds Forge	All RSC swimmers welcome
25				
<i>1/2 October</i>	Home Gala (1 st)	N/A	Retford	Chance to gain times for RSC Licensed meet
8/9				
15	Minor Gala Round 2	N/A	TBC	Team selection
22	Sports Centre League	N/A	TBC	Team selection
23	Retford Licensed Meet	2 *	Retford	Swimmers achieving qualifying times
29	Minor Gala Round 3	N/A	TBC	Team selection
<i>5/6 November</i>				
12/13	CLUB CHAMPS		Retford	ALL THE CLUB
19/20	Major Oak Open Meet	3 *	Mansfield	Swimmers achieving qualifying times
26	Sports Centre League	N/A	TBC	Team selection
<i>3/4 December</i>	Midlands Short Course	Regional	Corby	Midlands qualifying times
10/11	CLUB CHAMPS		Retford	ALL THE CLUB INCLUDING WIDTH EVENTS
17/18	Notts ASA Youth Champs			County qualifying times- youth swimmers only
24/25/31				
2012				
<i>1 January</i>				
7/8	Notts ASA Trophy Gala	Stage 1	TBC	First time team swimmers
14/15				
21	Sports Centre League Notts ASA Youth Champs	TBC distance	TBC TBC	Team selection – Fastest Swimmers County qualifying times- youth swimmers only
28/29				
<i>4/5 February</i>	PRESENTATION NIGHT	TBC	TBC	Draft Date TBC
11/12	Notts ASA County champs	TBC	TBC	County qualifying times
18	Sports Centre League	TBC	TBC	Team selection – Fastest Swimmers
25/26	Notts ASA County champs	TBC	TBC	County qualifying times
<i>3/4 March</i>				County qualifying times
10/11	Notts ASA League Gala	Stage 2		Team selection – Non County Swimmers
17	Sports Centre League	TBC	TBC	Team selection – Fastest Swimmers
24/25				
<i>31/1 April</i>				
7/8				
14/15				
21/22	Notts ASA League Gala	Stage 2		Team selection – Non County Swimmers
28/29				
<i>5/6 May</i>	Midlands ASA Youth			Midlands qualifying times
12/13	Home gala / Open Meet			Gain qualifying times for Retford Open
19/20				
26/27	Notts ASA League Gala	Stage 2		Team selection – Non County Swimmers
<i>2/3 June</i>	Midlands Age Group			
9/20	Midlands Age Group			
16/17				
24	Retford Open Meet	Level 3	Ponds Forge	ALL RSC QUALIFIERS
<i>30/1 July</i>				
7	Sports Centre League	TBC	TBC	Team selection – Fastest Swimmers
14/15	Centenary Gala Notts ASA			

Members of Nova Centurion Swimming Club please note the above calendar does not include meets in which you will have to attend as part of your membership. The Nova calendar takes priority over all the above and where possible you should only swim the Nova meet if it does clash with club competitions.