



Dear Swimmers and Parents,

2011-12 Review

We had a very successful season again in 2011-12. Key performance highlights were:

- ✓ Dominating the relays and podium again at county Championships in March
- ✓ Our highest ever number of swimmers at Regionals with 6 different winners and a first Youth Relay win
- ✓ Our highest ever number of swimmers involved at Nationals (19) with 4 finalists and 2 Medals
- ✓ An expected 8-10 swimmers on National Talent/Beacon programs

- ✓ Academy Gala – A number of inexperienced swimmers took part in their first Gala and were delighted to receive their medals this should encourage them to compete in further galas now next season.
- ✓ Another successful year at the COPS Grand prix with the club winning top club and top boy again with some outstanding swims.
- ✓ Barnet meets were well attended and swimmers performed well obtaining lots of PB's and medals.
- ✓ The Junior league team swam their hearts out in the first 2 rounds despite there being a clash with some swimmers swimming at regionals. A number of swimmers were asked to swim events with little rest and did us all proud.

Administrative key successes are:

- ✓ Some fantastically well run domestic meets including the introduction of a development meet early season.
- ✓ Continued financial, committee and coaching staff stability.
- ✓ There are continued positive relationships with other local clubs and evidence of CMKSC leading swimming development at both local and regional levels.

Plans for 2012-13

Many of the foundations of our success need to be retained. There are developments in planning as follows:

General

Greater differentiation is planned for next season. The following groups: Seniors (17+), Youths (15-16), Bagcats (10-14) and Juniors (8-12) are the basis to content planning. This should clearer support long term athlete development and reflects in the types of sets swimmers do on a daily basis.

Youth/Senior

Youth and Senior swimmers strength and speed programs will be more detailed. The initial strength program installed at the beginning of last year was successful but needs to be more challenging and continued throughout the cycle. A greater percentage of training time will be given to speed training and linking this with technical efficiency.

The competition program is slightly changed with more focus on Hillingdon meet in Dec. This means that we are running 2 cycles to Counties/Trials and then Norwich/Nationals with 2 mid cycle meets Hillingdon and Regionals.

Age Group (Bagcats)

We are planning to slightly improve the coach to swimmer ratio in Bagcat squads to ensure individual technical feedback as well as an increasing in the percentage of time spent on skills in training.

The planning for this group in the first cycle is centred around blocks of training of 3-5 weeks targeting a meet at the end of the block. For example there is a 5 week block of Freestyle 400m training in October leading into the Flitwick meet.

Development

There will be a further increase in aerobic training in Bagcat Development and Rising stars squads to ready swimmers for the demands of Bagcat Performance. This should increase gradually over the first cycle of training.

Development squads will also have blocks of focus appropriate to the cycle and the competition coming up.

Schedules

The weekly training schedule for 2012-13 is attached with amendments in red. These begin on **Monday 3rd September**.

YP3 are asked to train at Leon on Weds PM. There have been problems in trying to fit all of the YP groups in on Wednesday and there is space at Leon at the same time. Also this means YP3 can take part in the Land training program Lisa runs there. The sets will be in line with the plan for this group as before.

As many of you know Regional qualifying times have changed meaning it is much harder for Bagcats to qualify than Youths. This means that our previous standard of an RQT is less key as a measure for squad placement to Yp2 Bagcats. However it is still a necessity at Youth age.

I have made some changes to Sunday night development squad training times. This should mean we are able to cover better when coaches are at meets.

Team Meetings

The Youth squads (YP2 and 3) team meetings have been scheduled for **Sunday 9th September 2012**, this is changed from the summer schedule previously sent out. This will allow me a week after annual leave to assess the fitness of athletes and make changes to planning and squad placements accordingly. Also everyone should be back from holiday by then.

YP1	3:30 – 3:50pm	Stantonbury 2 nd floor
YP2 Youth	6:00 – 6:20pm	Stantonbury poolside
YP2 Bagcat	5:30 – 5:50pm	Stantonbury poolside
YP3	7:40 – 8:00pm	Stantonbury poolside

I expect swimmers and parents to attend. These meetings will elaborate more on the upcoming season plans and the expectations of our athletes. If you are unable to attend then please inform me by email.

The Bagcat Performance and Development meetings are as follows:

BP	Wednesday 12 th September	6:30 – 6:45pm	Leon Gym (before Land Training)
RS/BD	Thursday 13 th September	5:30pm	Stantonbury (2 nd Floor)
MS & Academy	Friday 14 th September	6:00 – 6:15pm	Bletchley Leisure Centre

Fixtures List

The fixtures list is attached. I will discuss further in squad meetings. Hopefully the notes on training content are of interest and help show how development and Bagcat plans are linked to competition.

Goal Setting Forms

These are important for swimmers in **YP1, 2 and 3 as well as Bagcat Performance** groups. Swimmers should print off and complete section one and then pass to their coach **by 8th September 2012**. Swimmers in YP1 and YP2 and BP **must** complete these.

In this cycle the vast majority of swimmers will be aiming for County championship times and performances. Some may be trying to qualify for World Champs trials in April; if this is the case then performance at Hillingdon in December may be a targeted meet.

Squad Movements

These will not be concluded until 8th Sept. There will not be many moves due to a small number of swimmers leaving the senior groups. Much progression for swimmers will be in the increased training demands planned within their current squad.

Communication

If you wish to discuss any part of the program with me or Lisa please arrange for a meeting by phone or email as follows:

Greg Buck, Head Coach: gregbuckcmk@yahoo.co.uk Tel: 07917170473
Lisa Salmon, Assistant Head Coach: lisasalmon@sky.com Tel: 07875283293

We will continue to send out newsletters relating to key aspects of swimming approximately once a month. If anybody has requests for a subject then please let me know.

Good Luck

There are a lot of exciting things going on this year.

We have a great chance to do well on Youth and Senior relay teams. There are also more swimmers than before looking at competing at Senior National Level.

Within BAGCAT squads there are many talented swimmers who have to opportunity of new experiences by gaining qualification times for Nationals, Regionals and Counties Championships. **Although I will take the opportunity now to say this will only come with hard work in training!**

Regards,

Greg

Greg Buck
CMKSC Head Coach