



E.D.S.C

Swimmer's Handbook



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Philosophies

At the start of 2015, the club adopted a mission statement that was designed to encompass everything EDSC stands for and is committed to.

**'Through a structured training programme and safe environment,
Erith and District Swimming Club endeavours to be and inspiring, empowered place to swim.
Achieving individual excellence through supportive coaching and solid leadership
Members are encouraged to reach their full potential.'**

Club Beliefs

Breaking the mission statement down, EDSC are here to;

- Provide social and competitive opportunities for all
- Nurture and develop every child's talent and enthusiasm
- Encourage commitment and motivation from swimmers and parents alike
- Support holistic development of inter-personal and aquatic skills
- Harness team spirit and inspire team work
- Cultivate role models and guide leadership

Coaching Principles

Below are a set of phrases that the coaching team believe in and encourage every member of EDSC to embrace;

'We are not just here to help make better swimmers, but to help make better people as well.'

'Fitness is temporary, skill is forever.'

'Hard work beats talent when talent doesn't work hard.'

'You are training to race, so race to train.'

'A good swimmer has to be told, a great swimmer has to be told once.'

'Sport is all about chance. There is no guarantee. To give yourself the best chance, you need to do the most right things.'



Roles

Below is a list of some of the roles each member of the Swimmer-Parent-Coach triangle are expected to embrace

Swimmer

- Respect and communicate effectively with peers, parents and coaches
- Be responsible and positive about own swimming
- Set swimming and personal related goals in conjunction with coach
- Create friends and support team mates via sportsmanship
- Increase independence and build on confidence
- Learn how to perform under pressure and grow in mental toughness
- Accept success with defeat gracefully
- Be dedicated and reliable to the team

Parents

- Positively and enthusiastically support child and coach
- Ensure child receives good rest
- Provide nutrition and hydration for optimal performance
- Educate themselves about the sport
- Engage in club life if possible
- Allow child's independence to grow
- Refrain from interacting with swimmer and coach during sessions
- Avoid negativity within swimming environment
- Discuss any grievances with coach in first instance at a pre-organised time

Coach

- Develop a rounded, balanced and progressive training programme
- Build and protect a strong work ethic and training environment
- Establish and enforce club rules
- Manage squad as they see fit
- To be professional and approachable
- Responsible for race preparation and feedback
- Communicate effectively to swimmers and parents
- Encourage and challenge swimmers
- To be a role model



Squad Structure

	Race Basics			Race Development		Race Performance	
Squad (Age Guides)	Academy (6-8years)	Bronze (7-9years)	Silver (8-11years)	Gold (9-12years)	County (9-13years)	Regional (10-14years)	(National) Top (11-18years)
Number of Sessions	One	Two	Three	Four	Five	Five	Five
Available Hours	0.75	1.75	3	3.75	6	6.5 Pool 1 Land	8.25 Pool 2 Land
Attendance Expectations	80%	75%	75%	75%	75%	75%	75%
Focus	Teaching swimming skills Improving techniques Embedding standards and values			Perfecting swimming skills Improving technique Embedding standards and value		Maintaining skills and technique Training energy systems Embedding standards and values	
Equipment	Kick Board	Kick Board Pull Buoy Short Fins	Kick Board Pull Buoy Short Fins	Kick Board Pull Buoy Short Fins	Kick Board Pull Buoy Short Fins Hand Paddles	Kick Board Pull Buoy Short Fins Hand Paddles	Kick Board Pull Buoy Short Fins Hand Paddles
Competitions	Time Trials Club Champs	Time Trials Club Champs Leagues	Time Trials Club Champs Leagues Opens	Time Trials Club Champs Leagues Opens	Time Trials Club Champs Leagues Opens Championships	Time Trials Club Champs Leagues Opens Championships	Club Champs Leagues Opens Championships
Turn around Times (50FC)	2 mins 30secs	2 mins	2 mins – 1 min 30 secs	1 min 30 secs – 1 min 15 secs	1 min 15 secs – 1 min	1 min – 50 secs	50 secs – 40 secs
Underwater work (FC/BC/FLY)	3 seconds	3 seconds	3 Fly Kicks	3-5 Fly Kicks	5 Fly Kicks	5-7 Fly Kicks	7 Fly Kicks



Strokes and Skills

Starts

Teaching (Crouching) Dive

From the Side

Competitive (Track) Dive

From the Block

Backstroke Start

<u>Stance</u> Both feet level Toes over the edge Crouching position Arms in streamlined position	<u>Stance</u> Track position One foot in front of other Grab the block with both hands	<u>Stance</u> Feet shoulder width apart Hands shoulder width apart on block rail Keep arms and back straight (leaning back) Heels to ankles
<u>Flight</u> Up and out motion Extend legs and flick feet up behind to ceiling Maintain streamlined position in the air	<u>Flight</u> Arms move forwards and together Up and out motion Extend legs and flick feet up behind to ceiling Find streamlined position in the air	<u>Flight</u> Release hands and lift hips Hands move up and together Extend legs and arch back (Up and out) Find streamlined position in the air
<u>Entry</u> Enter water over/past the Blue-T Enter water like a javelin Legs straight and together	<u>Entry</u> Enter water over/past the Blue-T Enter water like a javelin Legs straight and together	<u>Entry</u> Flick feet up when hands enter Enter water like a javelin Legs straight and together

Underwater/ Breakout;

Kicking to surface (or underwater phase for Breaststroke)
 Avoid breathing on first stroke on Front Crawl and Butterfly
 Do not come out of streamlining too early underwater.

Streamlining

Place one hand on top of the other
 The top hand's thumb wraps around the bottom hand's little finger
 Squeeze the back of the head with your arms
 (Should look like an arrow)



Turns

Frontcrawl Tumbles

Approach

Swim until your head is over the Blue-T (on the pool floor)
Complete one arm pull after the Blue-T then start rotating
*n.b. Time lost by turning too close to wall in races.

Rotation

Chin down first and tuck knees up into chest
Arms stay up by head when rotating (do not bring arms down the sides)
Plant both feet on wall

Exit

Find hands to get into a streamlined position
Strong powerful push off underwater on front
Rotate onto front and kick to the surface
Aim: Fly or Front Crawl kicks to or past the flags
No breathing on the first stroke

Backstroke Tumbles

Approach

Count strokes from flags and keep head still
Increase leg kick going into the wall
On the last stroke, cross face with arm and turn onto front
No gliding into wall

Rotation

As Frontcrawl tumbles

Exit

Find hands to get into a streamlined position
Strong powerful push off underwater on back
Kick to the surface

Breaststroke/ Butterfly Turns

Approach

Look for (spot) the wall from the flags
Finish with stretched arms with two hands (make it obvious)

Rotation

Tuck knees up quickly (Touch, tuck)
First hand lets' go, elbow bends back into side underwater
Rotate body on side and stay low (no lifting up out the water)
Second arm goes over the water

Exit

Find hands to get into a streamlined position before pushing off
Strong powerful push off underwater on front
Kick to the surface or Breaststroke underwater phase (see page 9)
*Aim: to get to or past the flags

Backstroke to Breaststroke

Approach

Count strokes from flags and keep head still
Increase leg kick going into the wall and finish on back with hand
*n.b. do not do any extra arm pulls other than your specific number

Rotation

Grab the wall with hand and rotate to face that side*
*i.e. left hand touches, rotate body to face to the left
Tuck knees up to chest and plant both feet on wall
Hand that touched the wall leaves wall and goes over water

Exit

Find hands to get into a streamlined position
Strong powerful push off underwater on front
*Aim: Breaststroke underwater phase to get past flags



Butterfly

Arms;

Fast, shallow S-shape pull underwater
Arms should accelerate during the pull to flick out of the water as this prevents arms getting stuck by sides
Brush thighs with thumbs on exit
Straight arm recovery over the water
Brush ears with arms on entry (encourage soft hands on entry- no slapping or splashing)

Legs;

Kick from hips (snappy movements)
Small knee bend that extends (Fast whip-like action)
Splash with toes

Body;

Keep as horizontal as possible (avoid 'lifting' out of the water)
Keep head in neutral position when not breathing (Look vertically down at the floor)
Hips break the surface of the water every time their hands enter

Breathing;

Every 2 or 3 strokes
For race purposes (100-200m FLY/ 200-400m IM- Practice patterns such as breathe / breathe / no breathe)
Lift chin as soon as hands start to pull (lift head early)*
*n.b. arms generally get stuck by sides when lifting head too late, throwing the timing out
Keep chin low on the water
Drop head back in as arms come over the water

Timing;

Kick, Kick, Pull, Kick, Kick, Breathe (Teaching)
Kick as arms enter water, Kick as arms exit water (Coaching)

Backstroke

Arms

Thumb out, little finger in
Straight arm recovery to brush ears
Slow
Long
Non-Splashy
Shallow Horizontal S-shape underwater

Legs

Constant
Toes Splashing
To get the correct timing, arms will need to slow down and stretch a lot

Body

Head still
Ears in the water
Looking up
Big shoulder roll (shoulders rotate to the chin)
Hips just below water surface
Hips rotating but not wiggling



Breaststroke

Arms

Arms lead in Breaststroke

*i.e. more time should be spent with arms stretched in front

Hands draw a small circle in to their chins/neck/chest.

Thrust hands forwards horizontally quickly

Thumbs together on the glide (can only streamline on the push off)

Legs

Ankles to bottoms, Feet turn out, Kick out and squeeze ankles together for glide

Breathing

Every stroke

Body

Lift shoulders/chest out of water when breathing

Shallow dive into every glide

Perfect horizontal position when gliding

Look vertically down at the floor when gliding, head in between arms

Timing

Pull and Breathe/ Stretch and Kick/ Glide

*n.b. many swimmers think the timing is Pull/Breathe/Kick/Glide

As soon as hands start to pull, lift head early to breath

Start to stretch arms before engaging the kick

Underwater Phase

Push off at a medium depth underwater

Streamline glide for 3 Seconds then do 1 butterfly kick

Pull arms down to thighs (in a keyhole shape)

Glide for 2 seconds

Bring arms up under body to stretch, and kick to surface

DO NOT start second pull until head reaches the surface

Frontcrawl

Arms

Long, smooth and non-splashy (soft/gentle hands)

Catch-up like

High elbow over water then fully stretch arm horizontally

Shallow 'S' shape underwater

Do not let hands cross the bodies centre line underwater, especially when breathing

Legs

Toes splashing constantly

To get the correct timing, arms will need to slow down and stretch a lot

Body

Head still when not breathing

Water line on forehead

Hips just below water surface

Hips rotating but not wiggling

Shoulder roll to get high elbow

Breathing

Every 3/ 4/ 5

One goggle stays in water

Breathing patterns change depending on distances and age/ability

50m: Every 4 – 12 strokes

100m: Every 2 – 6 strokes

200m – 1500m: Every 2 – 4 strokes

*Avoid breathing every 2 repeatedly. Try to do 2/ 2/ 4/ 2/ 2/ 4 on more challenging distances



Training

This section will touch on areas of training that are important to the smooth running and high quality of the sessions.

Punctuality: All swimmers throughout the club are expected to arrive on poolside 5-10 minutes before the start of their sessions. This relaxes both child and coach, and allows swimmers to hear a full explanation of the warm up. This also engrains good habits for the rest of their life.

Equipment: Well fitted trunks/costumes and spares. Well fitted goggles and spares that are already adjusted to fit. Hats and spare hats if worn. Full kit bag, please refer to Equipment row in Squads table.

Behaviour

- Listen attentively
- Actively engage in set (give 100%)
- Have confidence to ask coaches and peers if unsure
- Toilet breaks as directed by coach (generally after a set, not during)
- To have humility and be respectful

Lane Etiquette

- Know lane directions
- Leave gap using the clock as directed by coach
- No bouncing off the floor or cutting corners during a set
- If there is an injury, climb out straight away and speak to coach
- Let other team mates finish at the wall
- Know your own limitations (and know peers strengths)
- Respect coaches lane order decision

Clockwork

- Become more independent with using the clock as swimmers age and progress through squads
- Please refer to guide Turn around Times row in the Squads sections table as a guide
- Please refer to pages 11, 12 and 13

Pacing

- Do not rush the warm up, cool down or drills
- Learn rough 'Turn around Times' for their squad
- Understand set demands (i.e. when there is a slow set, and when there is a fast set)
- Change pace as set demands (coach will instruct)

Log Books

- Record in a note pad the content of the sessions you carry out
- Record a sentence or two of your thoughts about the set



Pace Clock



This is a pace clock. We use them during every session, for 3 main reasons:

1. To help swimmers know when to start their sets.
2. To help swimmers to monitor how fast they're going.
3. As a method of 'traffic control' during sessions (i.e, leaving a certain gap).

We encourage our swimmers to start using the clock from Academy upwards as it is a skill that every swimmer should develop. This section will hopefully provide some helpful advice to help swimmers get the most out of their sessions

Each number on the clock represents 5 seconds. Throughout your session keep an eye on the pace clock and, depending on the instruction from your coach, push off 5 or 10 seconds behind the swimmer in front of you. This will allow enough space between swimmers for a smooth and effective swimming session.

***n.b. there are two coloured hands on the clock and are important when working out repeat times.**

Trouble seeing the clock or reading times?

In the first instance, let your coach know that you are having problems seeing the clock. It could simply be that your goggles are scratched or fogging up..... If the problem persists it could be worth getting your eyes checked. If there is a problem with your vision, don't worry, as prescription goggles are available nowadays.

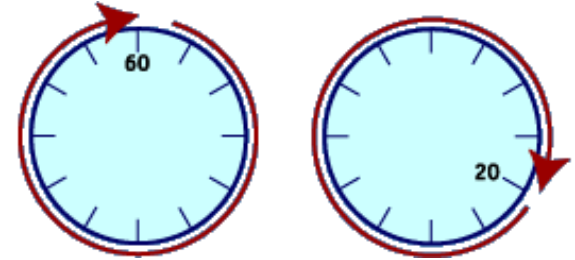
If you have a condition that makes it difficult for you to read the clock, again, please let your coach know and a plan can be made **together** to overcome the problem.



60 Second Turn Around Times (TAT's)

Sets that are swum on exactly one minute TAT's (or two minutes or three minutes, etc.) are easy! Whatever number you start the first set on, it will be this same number for all repeats in the entire set.

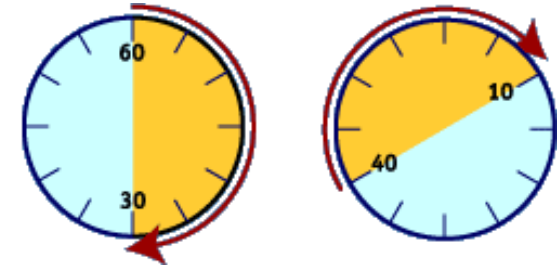
For example, if you leave on the "red top" or the red 60 second mark, on all the following repeats, you will push off on the red 60 again.
If you leave on the "bottom" or the 30 second mark, on all the following repeats, you will push off on the 30 again.



30 Second TAT's

When swimming sets that are on 30 second TAT's (or end in 30 seconds: 1:30, 2:30, etc.) you will always leave on one of two numbers.

Those two numbers will be directly across from each other on the clock.
For example, if your set is on a TAT of 30 seconds and you leave on the black 60, you will push off again on the black 30. If you leave on the red 10, you will next leave on the red 40.

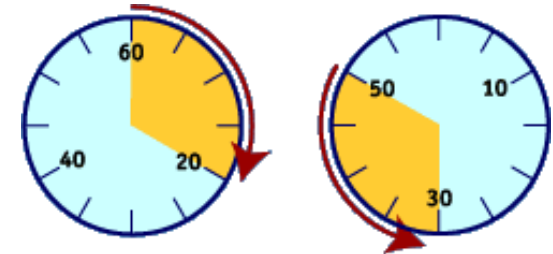


20 or 40 Second TAT's

TAT's of either 20 or 40 seconds slice the pace clock into thirds. This means you will always leave on one of three numbers; (20, 40, 60 or 10, 30, 50).

If your TAT is 20 seconds your numbers will rotate clockwise.
For example, if your TAT is 1:20 seconds and you push off on the 60, your next push off would be at the 20, then the 40, and then 60 again.

If your interval is 40 seconds (or 1:40, 2:40, etc.) your numbers will rotate counter-clockwise. For example, if your TAT is 1:40 seconds and you push off on the 30, your next push off would be at the 10, then the 50 and then 30 again.





15 Second TAT's

Intervals of either 15 or 45 seconds will split the clock into quarters. This means that you will always leave on one of four numbers; 15, 30, 45 or 60.

If your TAT is 15 seconds (or 1:15, 2:15, etc.) your numbers will move clockwise. For example, if your TAT is 1:15 seconds and you push off on the black 30, your next push off would be at the black 45, then the black 60, then black 15 and, finally, black 30 again.



You will notice that the numbers will alternate ending in 5 and 0.

10 or 50 Second TAT's

TAT's of 10 seconds (1:10, 2:10, 3:10, etc.) and 50 seconds (:50, 1:50, 2:50, etc.) are easy!

10 second TAT's your next send-push-off always advances in a clockwise rotation. For example, if your TAT is 1:10 seconds and you push off on the 60, your next push off would be at the 10 then 20, etc.

50 second TAT's always retract in a counter-clockwise rotation. For example, if your interval is 1:50 seconds and you push off on the 30, your next push off would be at 20, then 10, etc.

5 or 55 Second TAT's

TAT's of 5 seconds (1:05, 2:05, etc.) will always advance one number...

For example, if your TAT is 1:05 seconds and you push off on the 60, your next push off would be at 05, then 10, etc.

TAT's of 55 seconds (1:55, 2:55, 3:55etc.) will always take- one number...

For example, if your TAT is 1:55 seconds and you push off on the 30, your next push off would be at 25, then 20, etc.



Competition

Erith and District Swimming Club is a competitive swimming club. The reason we train is to compete. In accordance with our squad criteria, all of our swimmers are expected to take part in galas and Open Meets. Coaches can monitor a swimmers progress by them taking part in competitions. You will see below a list of the types of competition that the club endorses with an explanation of what they are as well as a succinct list of competition kit swimmers are expected to have and bring.

The swimming competition season runs from September to July the following calendar year.

Good competition habits	Negative competition habits
Wearing club colours; t-shirt/hoodie, shorts/tracksuit bottoms, shoes	Not wearing club colours or any warm clothing at all
Drink in hand at all times	Eating and drinking too much (of the wrong things at the wrong times)
Watching fellow team mates swim – CHEERING LOUDLY!	Sitting on your own playing on your tablet or listening to music
Checking results (If Disqualified, find out why)	Wandering off poolside
Doing a dryland warm-up 10 mins before your pool warm-up and race	

Kit

- Club Top
- Black/White/Red shorts
- Clean poolside footwear
- Two towels (at least)
- Separate warm up and racing costumes (black preferably)
- Well fitted goggles and spares
- Club hat and spare (if swimmer wears a hat)
- Plenty of water based fluid (see Hydration section)
- Minimal food in relation to length of completion (see Nutrition section)
- Poolside (camping) chair (Optional – mostly appropriate for Opens and external Championships)
- Small drawstring bag to be essential competition equipment in (big bags put in lockers – more room on poolside)



Types of Competition

Internal	External (Leagues)	External (Opens)	External (Championships)
Time Trials (Feb/Apr/Jun)	Kent Junior League (Two teams)	Erith Super Sunday Sprint (Sept)	County (Jan/Feb)
Club Championships (Oct-Nov)	Tudor League	Erith and Dartford Fireworks (Nov)	Regional (May)
	White Horse League	Erith and Orpington Ojays Charity Spring (Mar)	National (Aug)
	National Arena League	Other local club Open Meets	

Internal

EDSC Time Trials

FREE of charge (for Academy to Regional Squad members)

Venue: Crook Log Leisure Centre, Bexleyheath

Times: February, April, June

Events: 25m-200m

Level: Unlicensed. An informal feel for members to gain confidence in racing and to try new events

EDSC Club Championships

FREE of charge (for all members) (*n.b. most other clubs charge their members for Club Championships)

Venue: Erith Leisure Centre and Crook Log Leisure Centre, Bexleyheath

Times: October and November (usually)

Events: All Olympic events

Level: Licensed. Can obtain County Qualifying times

*n.b. Time Trials and Club Championship results assist with monitoring progress and enabling Team Managers to pick the best teams for league galas and other external events



External (Leagues)

FREE of charge

Swimmers compete in races in specified age groups against swimmers from other clubs to score points for the team.

The better your finishing position, the more points you score for the team.

Each club will have their own lane in a league gala.

Teams are selected by the club coaches with the aim of entering a competitive team whilst including as many squad swimmers as possible.

Each league is different and runs for different ages and levels (see table below).

If you are selected, it is a club requirement that you swim.

*n.b. failure to swim may have a negative impact on the team's results in these leagues

	Kent Junior	Tudor	White Horse	National Arena
Age	9-13	9-Open	9-Open	9-Open
Age at	31 st December	31 st December	31 st December	31 st December
Number of Rounds	3 Jun-Nov	6 Jan-Jun	4 Mar-Jul	3 Oct-Dec
Events	25-100m	25-50m	50-200m	50-200m
Time Faults	No	Yes	Yes	No
Area	Kent	Eltham	Crook Log Eltham	South East

Time Faults

Some leagues set speed limits to target different levels of swimmers to provide a platform for all.



External (Open Meets)

Fee per event as directed by host club.

Club swimmers enter individually, under direction by club and coach, using their previously achieved personal best time for each stroke and distance they wish to take part in.

Swimmers compete against swimmers from other clubs however, there is no specified lane.

There are different levels of Open Meets and EDSC carefully target specific meets for different swimmers (The ASA have designated 4 Open Meet categories)

Squad swimmers are required to compete in open meets in accordance with their squad criteria.

*n.b. To qualify for Kent County Championships, times need to come from a licensed competition.

Pre-Meet (Entry):

- Read the entry pack carefully, paying special attention to the qualifying times.
- Look at the recommended distances required in the Squad Criteria and think about trying one or more of them (speak to your coach if you're in any doubt).
- Ensure that entries are in with plenty of time to spare and with correct payment.

*n.b. Some entries may not be accepted, for various reasons (including over subscription of an event), this is normal and do not worry if any of your entries are rejected.

Coaches' note: The swimmer must be motivated to do the events chosen and have goals relating to this. Don't enter events just because parents say you should or you think it'll please your coach!! If YOU want to do it, the experience will be so much more enjoyable for everyone. Also, think about the quality of your swimming... We'd rather you enter less events but put your heart and soul into it rather than enter 10 events and swim most of them indifferently.

At the Meet:

- Arrive on poolside at least **30 minutes before session warm-up** so as not to miss any team activities prior to the competition.
- Be sure to sign in at the club entry desk ON TIME (not reception desk).
*n.b. You will NOT be allowed to swim if you don't sign in (*Standard meet rules, not ours!*)
- Keep a high standard of lane discipline during the warm up – including awareness of others and safety protocols. This means that you don't stop suddenly in the middle of the lane or swim on the wrong side. The coach will set the warm up. Swimmers responsibility to ask if unsure.
- Make sure you have all appropriate competition kit.
- Get dry and changed into racing costume promptly after warm up so you don't miss your call-up.
- Swimmers are expected to sit with the team at all times prior to races. **Coaches cannot (and will not) go looking for swimmers** mid-gala for call-up.
- Swimmers must ask coaches permission to leave poolside for ANY reason.
- **Pick up your own litter** when leaving poolside. Also check that you have all your own personal belongings.



Nutrition and Hydration

Nutrition

Before

- Eat no later than 2-3 hours before training or competition to allow time for food to exit the stomach and into intestines
 - *n.b. eating too late can cause stomach ache, stitch and/or nausea which hinders performance
- Carbohydrates before (Potatoes, Pasta, Rice) to increase energy stores in muscles
- Simple sugars 10 minutes before racing (Fruit, Jelly, Jelly Babies)

After

- Eat within 30 minutes after training or competition as that is when the metabolism runs at its highest
- Protein after (Full-fat Milk, Yoghurt, Nuts, Cereal Bars) to replace proteins lost through physical exertion and facilitate muscle repair
- Nutrients after (Fruit, Vegetables)

Hydration

Before

- Should be drinking at least two litres of water every day
- Water-based fluids (Water, Squash)
- Urine should be clear, not yellow
- Place a pinch of salt into drink to prevent the development of cramp

During

- 750 millilitre per 1 hour of training
- 1 litre per 3 hours of competition
- Combination of water-based fluids and isotonic sports drinks (optional)

After

- Isotonic sports drinks, Full-fat Milk, Milkshakes (not from McDonalds, etc)



Psychology

Psychology is a massive part of sport but is often under valued at grass roots level. Physically, you can do all the training in the world but will only win if you have the right mind set. The mind needs to be trained as well as the body.

Mental Toughness

An athlete must have mental toughness to be successful.

It is about telling body to keep going when your body is telling you to stop.

It is about pushing forwards when everyone else eases off.

It is about focussing on the positives and strengths over the negatives and weaknesses

The following is an activity that can be done every day to improve self-esteem, and before races to prepare and calm nerves.

Mental Workout

1. Calming Breath

Breathe in for 6 seconds. Hold for 2 seconds. Breathe out for 7 seconds

2. Identity Statement

State a specific strength of your swimming (i.e. Streamlining/ Speed/ Endurance/ Kicking)

3. Performance Statement

State a specific goal you aim to achieve in that race (i.e. 5 kicks off every wall)

4. Calming Breath

Breathe in for 6 seconds. Hold for 2 seconds. Breathe out for 7 seconds