

Bay of Islands Swimming Club

Expectation for our squads and family across the board:

Swimmers

1. Great attitude - about swimming - they must want to do it – not Mum/Dad pushing them, and towards Coach and Team-mates.
2. Obviously, they must have reasonable skill level - but we are not only looking at ability, the kids bring a whole variety of attributes. We value them being stars in all sorts of ways -e.g. we have swimmers who aren't the fastest swimmers, but are positive and enthusiastic, and this is infectious – kids like that are fantastic to have on board.
3. They **should** aim to attend at least 1 carnival/meet each term. The whole Team attended the Swimming Northland Age Group champs and we brought home a big pile of medals and some amazing PB's. In 2019, 10 swimmers qualified for Junior Festival, 10 will attend. 4 Qualified for Div. 2 and 3 so far for National Age groups.

Family/Whanau

1. Family/whanau must support the coaches and step up when we ask for help from time-to-time, also every swimmer must have a family member qualified as time-keeper or higher, such as IOT – Inspector of Turns, JOS – Judge of Strokes. They are rostered on for meets and this is a requirement of all clubs from Swimming Northland as local and regional events can not happen without family support in these key roles.
2. BOISC operates on a volunteer basis, as such the committee is vital to the continuing success of the club and smooth running of day-to-day operations. There are approximately 10-12 roles on the committee which allow us to effectively and efficiently run the club. We encourage parents and family to step into these roles and be active participants in BOISC.
3. Any suggestions, requests or questions please contact the committee
4. If you have any questions relating to your child's individual coaching needs, please contact Alex initially via email, vuwalex@xtra.co.nz, and if further consultation is required please arrange an appointment for a convenient time to allow Alex to effectively manage his swimmers.

DEVELOPMENT	JUNIOR	REGIONAL	NATIONAL
	<i>Junior Development</i>	<i>Regional Development</i>	<i>National Development</i>
DIRECT COACH INPUT	DIRECT COACH INPUT	DIRECT COACH INPUT	DIRECT COACH INPUT
Minimum 2 sessions/week	Suggested 2-3 sessions/week	Suggested 3-4 sessions/week	Suggested 4-5 sessions/week
<p>Feedback for all swimmers</p> <p>Stroke basics – ALL</p> <p>Diving – develop confidence to start from blocks</p> <p>Turns – develop confidence with turns</p> <p>POOL ETIQUETTE</p>	<p>Basic dryland skills - fun approach including skipping, stretching, sit-ups, press-ups – basic activities which will support swimming stroke/turn/dive techniques</p> <p>Swim training using pace clock</p> <p>Developing CORRECT turns and starts</p> <p>Increasing aerobic base</p> <p>Develop CORRECT technique in ALL strokes</p> <p>POOL ETIQUETTE</p>	<p>Dryland skills -</p> <p>Continue existing activities and develop some core strengthening (beginner type activities)</p> <p>Swim training using pace clock</p> <p>Mastering CORRECT turns and starts</p> <p>Increasing aerobic base</p> <p>Develop CORRECT technique in ALL strokes</p> <p>POOL ETIQUETTE</p>	<p>Continuing improvement of stroke, starts and turns through fine tuning of minor ‘issues’</p> <p>Using heart rate, stroke rate and developing self-awareness in the water</p> <p>Goal Setting</p> <p>Developing swimmers aerobically and anaerobically</p> <p>More advanced dryland/gym or other training to support in-water training to increase and strengthen muscle and core stability</p>
	<p>Attending: Club and Local events</p> <p>Working towards: Local events, Northland Age Groups</p>	<p>Attending: Club, Local, Regional - SNAGs (Dargaville) and NZ Juniors (Harlequin Zone)</p> <p>Working towards: ASA Juniors, ASA Age Groups</p>	<p>Attending: ASA Jnrs, AIMS (Global QTs), ASA Age Groups (Global Times), DIV II</p> <p>Working towards: DIV II (Global QTs), Secondary Schools, few QTs NAGS/Short Course</p>
	<i>Junior Performance</i>	<i>Regional Performance</i>	<i>National Performance</i>
	Suggested 3 sessions/week	Suggested 4 sessions/week	Minimum 5 sessions/week
	<p>Building on skills and learning from Junior Development:</p> <p>Extend swimming distances</p> <p>Extend stroke technique (ALL)</p> <p>Basic dryland skills - fun approach skipping, stretching, sit-ups, press-ups</p> <p>Swim training using pace clock</p> <p>Developing CORRECT turns and starts</p> <p>Increasing aerobic base</p> <p>Mastering CORRECT technique in ALL strokes</p> <p>POOL ETIQUETTE</p>	<p>Dryland skills -</p> <p>Continue existing activities and develop some core strengthening (beginner type activities)</p> <p>Swim training using pace clock</p> <p>Mastering CORRECT turns and starts</p> <p>Increasing aerobic base</p> <p>Develop CORRECT technique in ALL strokes</p> <p>POOL ETIQUETTE</p>	<p>Continuing improvement of stroke, starts and turns through fine tuning of minor ‘issues’</p> <p>Using heart rate, stroke rate and developing self-awareness in the water</p> <p>Goal Setting</p> <p>Developing swimmers aerobically and anaerobically</p> <p>More advanced dryland/gym or other training to support in-water training to increase and strengthen muscle and core stability</p> <p>Continued technique tweaking, some specialization</p> <p>Following a plan developed in conjunction with coach</p>
<p>Attending: Club, Local events – 25m and some 50m races</p>	<p>Attending: Club, Local events</p> <p>Working towards: Local, SNAGs (Dargaville)</p>	<p>Attending: NZ Juniors (Harlequin Zone), SNAGs (Dargaville)</p> <p>Working towards: ASA Juniors/ASA Age groups, AIMS (few QTs)</p>	<p>Working towards: Global QTs NAGS/Short Course, NZ Opens</p>
<ul style="list-style-type: none"> • Demonstrate a willing and positive approach to training • Have great listening skills • Show discipline and develop your skills • Listen to and respond to coach suggestions, ask for clarification 	<ul style="list-style-type: none"> • Develop a willing and positive approach to our training • Accepting challenges and learning new skills is the way to improve yourself. • Listen to and respond to coach suggestions, ask for clarification 	<ul style="list-style-type: none"> • Showing consistent attitude, maturity and commitment to model appropriate behaviours etc. at training and events • Listen to and work on suggestions made to improve your swimming technique, ask for specific clarification • Begin to identify own swimming goals and needs, communicate these effectively with the Coach 	<ul style="list-style-type: none"> • Showing consistent attitude, maturity and commitment to model appropriate behaviours etc. at training and events • Listen to and work on suggestions made to improve your swimming technique, ask for specific clarification, be involved in your swimming • Develop skills to help you achieve your goals and improve national rankings