

Synchronised Swimming

Training Scheme

HANDBOOK

In partnership with the City of Leeds
Synchronised Swimming Club
(ASA Swim21 Performance Club)



Active Leeds



Synchronised Swimming



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Welcome to the sport of Synchronised Swimming!

Synchronised swimming is a complex and challenging sport which include skills, routines and figures. It includes both team work, and individual events.

There are numerous benefits of participating in the sport including:

- Physical fitness and a feeling of well-being
- Confidence
- A sense of discipline and positive attitude
- Developing the ability to deal with success and failure
- Developing social skills and learning to work as a team





Club Membership

City of Leeds

All swimmers who are invited to enter into the Leeds City Council Synchronised Swimming Training Scheme are required to join the City of Leeds Synchronised Swimming Club and become members of the ASA.

This membership provides insurance cover at all competitions.

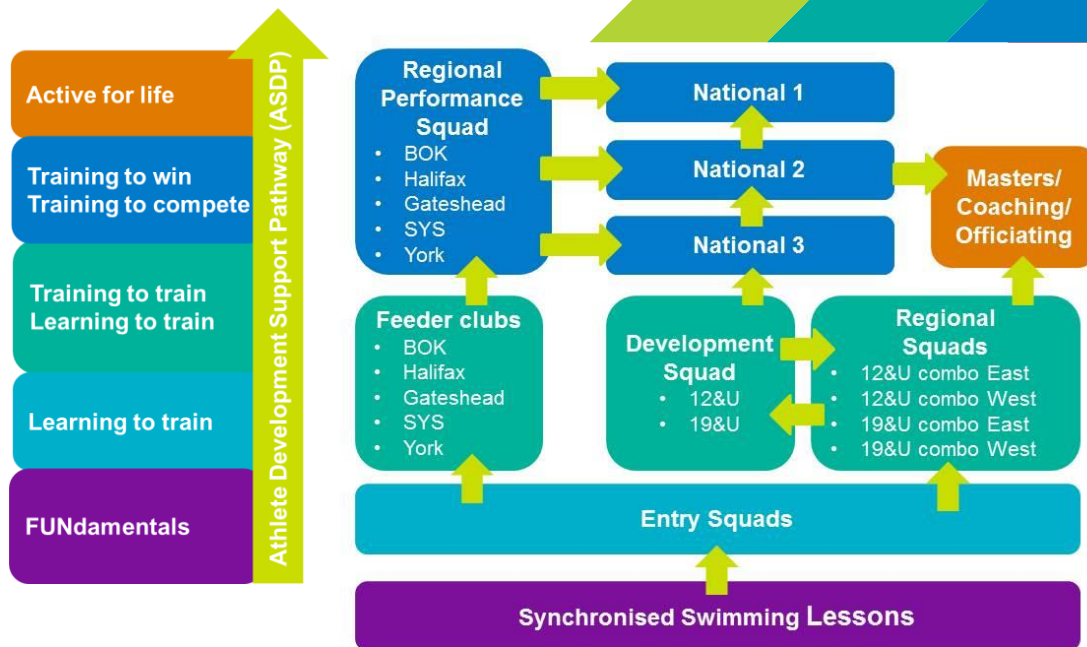
The membership fee covers the ASA fee in addition to some of the expenses incurred by the club each year in order to run, including equipment, music licensing and training for coaches and officials.

To join - you must complete the club membership form and pay the annual membership fee. The City of Leeds SSC membership form is emailed to you when joining the scheme and is available via the website

www.synchroleeds.org

Programme

Leeds City Council SSTs Structure



Entry

Entry into each squad is at the Coaches discretion and is dependent upon an individual's development.

Synchro Lessons (30 mins per week)

Synchro lessons teach Stages 8-10 in Synchronised Swimming. Lessons are booked via the Leisure Centre reception.

Entry Squads (1 hour per week)

Following on from the Synchro lessons, the Entry squads work towards Synchronised Swimming Grades 1 and 2. These squads work towards optional Synchro festivals, which introduce swimmers to competition environment.

<i>Entry Squads</i>	Wednesday	Thursday	Friday	Sunday
JCCS	5.30pm – 6.30pm			
Rothwell		7.30pm – 8.30pm		
Wetherby			5.15pm – 6.15pm	
Pudsey				7pm – 8pm

Regional Squads (3 hours per week)

Swimmers in Regional Squad train twice per week. This squad works towards National Grades, and compete in Regional and County competitions in the combination event and figures. These squads are grouped according to age and locality

Squads

<i>Regional Squad</i>	Tuesday Kippax	Wednesday JCCS	Friday JCCS	Sunday Pudsey
12 & U Combo West			8pm – 9.30pm Pool	6.15pm – 6.45 pm Land 7pm – 8pm Pool
19 & U Combo West			8pm – 9.30pm Pool	6.15pm – 6.45 pm Land 7pm – 8pm Pool
12 & U Combo East	6pm – 7pm Land 7.20pm – 8.20pm Pool	7pm – 8pm Land 8pm – 9pm Pool		
19 & U Combo East	6pm – 7pm Land 7.20pm – 8.20pm Pool	7pm – 8pm Land 8pm – 9pm Pool		

Development Squads (Up to 6 hours per week)

Development Squads work towards Regional competitions in Combination and figure events, and the National Combo Cup event. In addition, swimmers work towards achieving their Grades. These squads are grouped according to age.

<i>Regional Squad</i>	Tuesday Kippax	Wednesday JCCS	Friday JCCS	Saturday Kippax	Sunday Pudsey
12 & U Dev Squad West			8pm – 9.30pm Pool	10.15am – 12pm Pool	6.15pm – 6.45 pm Land 7pm – 8pm Pool
19 & U Dev Squad West			8pm – 9.30pm Pool	10.15am – 12pm Pool	6.15pm – 6.45 pm Land 7pm – 8pm Pool
12 & U Dev Squad East	6pm – 7pm Land 7.20pm – 8.20pm Pool	7pm – 8pm Land 8pm – 9pm Pool		10.15am – 12pm Pool	
19 & U Dev Squad East	6pm – 7pm Land 7.20pm – 8.20pm Pool	7pm – 8pm Land 8pm – 9pm Pool		10.15am – 12pm Pool	

National 1 (up to 10 hours per week)

Swimmers in National 1 Squad will largely be 12&U athletes with Figure Grade 2- 3 or working towards figure Grade 2-3.

These swimmers will work towards Regional, Multi-Regional and National competitions in Free Team, Combination and Figures.

National 1	Tuesday JCCS	Wednesday JCCS	Friday JCCS	Saturday Kippax	Sunday JCCS
12 & U Team	7pm – 7.45pm Land 8pm – 8.30pm Stamina	7pm – 8pm Land 8pm – 9pm Figures/Team	7pm – 8pm Land 8pm – 9pm Combo/Team	10.15am – 12pm Figures 12.15pm – 1pm Land	4pm – 6pm Pool Team/Figures

National 2 (Up to 15 hours per week)

Swimmers in National 2 Squad will largely be:

- 12&U swimmers with Figure Grade 3 Sliver in the National Solo/ Duet squad
- 13-15 swimmers with Figure Grade 3-4
- 15yrs + swimmers Figure Grade 4-6

These swimmers will be working towards Regional, Multi-Regional, National and potentially International competitions.

Squads

National 2	Monday JCCS	Tuesday JCCS	Wednesday JCCS	Thursday JCCS	Friday JCCS	Saturday Kippax	Sunday JCCS
12 & U Solo & Duet	6.30am Pool – Solo & Duets	7pm – 7.45pm Land 8pm – 8.30pm Stamina	7pm – 8pm Land 8pm – 9pm Figures/Team		7pm – 8pm Land 8pm – 9pm Combo/Team	10.15am – 12pm Figures 12.15pm – 1pm Land	3pm – 4pm Solo & Duets 4pm – 6pm Pool Team/Figures
Age Group 13 – 15 Team	7.30pm – 8.30pm Land 8.30pm – 9.30pm Pool Figures	7pm – 7.45pm Land 8pm – 9.00pm Stamina		5.30am – 8am Pool Drills/ Figures	6pm-7pm Land 7pm-7.45pm Land Drill 8pm-9.30pm Pool – Combo	1.15pm-3pm Pool Team	1pm – 2pm Land 2pm – 3pm Land Drill 3pm – 5pm Pool
Junior 15+ Team	7.30pm–8.30pm Land 8.30pm–9.30pm Pool Technical Work Elements /Stamina	7pm – 7.45pm Land 8pm – 8.30pm Stamina 8.30pm – Technical work/ Elements		5.30am – 8am Pool Drills/Figures	6pm-7pm Land 7pm-7.45pm Land Drill 8pm-9.30pm Pool – Combo	1.15pm – 3pm Pool Team	1pm – 2pm Land 2pm – 3pm Land Drill 3pm – 5pm Team

National 3

(Up to 19 hours per week)

Swimmers in National 3 Squad will largely be:

- England Talent athletes
- GB Junior & Senior Athletes
- 13-15yrs swimmers in the National Solo/Duet squad
- 15yrs + swimmers in the National Solo/Duet squad
- Correct Figure Grade Silver for Age

These swimmers will be working towards Regional, Multi-Regional, National and International competitions.

Squads

National 3	Monday	Tuesday	Thursday	Friday	Saturday	Sunday
Age Group 13 /15 Solo & Duets	6am-6.30am Land 6.30am – 8am Pool Solo & Duets	7pm – 7.45pm Land 8pm – 9.00pm Stamina	5.30am – 8am Pool Drills/ Figures / Solo & Duets	6pm-7pm Land 7pm-7.45pm Land Drill 8pm- 9.30pm Pool – Combo	1.15pm – 3pm Pool Team	1pm – 2pm Land 2pm – 3pm Land Drill 3pm – 5pm Team 5pm-6pm Solo & Duets
Junior 15 + Solo & Duets	6am-6.30am Land 6.30am – 8am Pool Solo & Duets	7pm – 7.45pm Land 8pm – 8.30pm Stamina 9.00pm – 9.30pm Technical work/ Elements	5.30am – 8am Pool Drills/ Figures / Solo & Duets	6pm-7pm Land 7pm-7.45pm Land Drill 8pm- 9.30pm Pool – Combo	1.15pm – 3pm Pool Team	1pm – 2pm Land 2pm – 3pm Land Drill 3pm – 5pm Team 5pm – 6pm Solo & Duets

Feeder Clubs

Leeds City Council Synchronised Swimming Training Scheme is linked to feeder clubs from across the North East region. The central programme was founded as a result of this historic partnership. These clubs include:

- Borough of Kirklees SSC
- Halifax SSC
- Gateshead SSC
- York SSC
- South Yorkshire Swans

Swimmers in the Entry Squads who do not progress to the Regional Squads will be directed to these clubs in order to further develop their skills.

Regional Performance Squad

Swimmers from the feeder clubs outlined above, who are at or close to National level for their age, train in the programme towards Level 3 and Level 4 competitions (National and International level)

Hours of training will vary based on swimmer level and location.

Leeds City Council Synchronised Swimming Training Scheme Fee's 2018

SYNCHRONISED SWIMMING	Monthly Fee
National 3 (up to 19hrs)	£95.00
National 2 (up to 15hrs)	£84.00
National 1 (up to 10hrs)	£73.00
Development (up to 6hrs)	£60.00
Regional Squads (3hrs)	£45.00
E Squads (1hr)	£28.00

Synchronised Swimming is a sport with many physical and mental demands. Its multifaceted nature means that training is highly varied and includes:

Pool based training

- Figures
- Technical elements
- Figure Drills
- Routine skills
- Fundamental work (basic positions/transitions)
- Choreography
- Synchro stamina

Land based training

- Strength and Conditioning
- Dance/ Ballet/ Gymnastics
- Flexibility
- Land drill (Routines)



Equipment & Kit

The following kit and equipment is required for all swimmers in Regional Squads and upwards

Pool kit

- Skin coloured or clear nose clip
- Plain Black costume
- Plain White cap
- Black LCC SSTS cap
- City of Leeds Synchro yellow cap
- City of Leeds/ Mermaids yellow and blue training costume

Equipment:

- Therabands - a mix of colours and thickness
- Two x5litre bottles
- Yoga Mat for land training on poolside
- Foam roller
- Tennis ball

Land training kit:

- City of Leeds t-shirt/ plain vest top/ plain t-shirt
- Leggings/ shorts
- Trainers

All City of Leeds kit is available to order and purchase online.

www.synchrotastic.co.uk

There are various grading systems we use in Synchronised Swimming for competitions and club use.

ASA Synchro Stages 8-10

These certificates are part of the National Teaching Plan and teach the base of synchro skills and key movements. Assessments are made in training by the coach

ASA Grades

The National awards scheme includes Figure Grades, Routine Grades and Land Grades. Coaches will assess swimmers and communicate when they are ready to attend a Grading day. Everything you need to know about the ASA Grades can be found here:

<http://www.swimming.org/synchro/synchro-skill-levels/>

Competitions are a great way to enjoy the sport, set goals and measure progress. They also introduce swimmers to the wider synchronised swimming community.

The table shows the main competition plan for the scheme

Level of competition	Competition/ Squad	E-Squad	Regional Squad	Development Squad	National 1	National 2-3	Regional Performance
Level 1 /2	Synchro festival	x					
	Yorkshire Level 1/2		x	x			
	North East Level 1/2		x	x			
	Combo Cup		x	x	x	x	x
Level 3	Regional Level 3			x	x	x	x
	Multi-Regional				x	x	x
Level 4	Scottish Nationals				x	x	x
	National Age Groups				x	x	x
	British Championships					x	x
	International					x	x

To find out more about Synchro competitions go to

www.swimming.org/synchro/synchro-competitions/

Regional performance swimmers compete for their feeder club in the Combo Cup and Local/Regional events.

Performance

As competitions increase in level, and performance becomes a higher priority, selections may be made for teams, solos, duets and combinations

The full City of Leeds selection policy can be found on the club website www.synchroleeds.org and any selections will be communicated by the coaches.

Selection's for routines and squads is one of the most challenging areas for athletes, coaches and parents. An understanding of the process and criteria is crucial for all parties.

The purpose of a selection is to try to achieve an optimum performance and development of skills in a target competition.

For each competition the scenario of the team, swimmers, routine and external factors are completely unique. Therefore it is crucial that coaches draw upon their experience and expertise to make the decision they feel is appropriate, based on these factors, and the selection criteria outlined in the selection policy.

“Our coaching philosophy is to build a culture of learning, professionalism, commitment, challenge and independence. We champion a positive, respectful and hardworking attitude, the ability to work as a team and appreciate each team member, in order for each individual to become the best synchronised swimmer they can be.”

We hope that this will not only help support all athletes in becoming the best synchronised swimmer they can be, but will also develop life skills that will serve them in their future lives beyond synchronised swimming.

How can we all support this mission?

Coaches:

- Championing best efforts*
- Communication with athletes and parents
- Providing opportunities for independent learning
- Providing an environment for learning and challenge
- Planning, reflecting and evaluating training and competitions

Athletes:

- Commitment to attendance
- Championing best efforts* in peers
- Communication with the coaches
- Open to and ready for learning and challenge

Parents:

- Supporting the commitment to attendance
- Championing best efforts*
- Communication with athletes and coaches
- Providing opportunities for independent learning

**Best efforts refers to: concentration, positive attitude, work ethic and trying to achieve the best outcomes for each session.*

Safeguarding Policy

The club has a welfare officer and follows the Wavepower child protection scheme and The ASA Safeguarding guidelines. All Coaches and volunteers are DBS checked.

Video and photography analysis is a crucial training aid in synchronised swimming, and will be used regularly to provide feedback to the athletes during sessions. Please indicate on your membership forms if you do not give permission for this.

If you have any concerns of a safeguarding nature please contact the Welfare Officer (Susan Utting-Simon).

Equal Opportunities

The City of Leeds Synchro is an ASA affiliated club and therefore complies with the ASA's Equal Opportunities Policy and Leeds City Council's Equal opportunities Policy and have been issued with the relevant policy documents.

Codes of conduct

We have a code of conduct for the Training Scheme and a separate Club code of conduct for swimmers, parents and volunteers. You will receive these in your information pack.

Fee Payment

Paid monthly by Direct Debit to Leeds City Council

Holidays And Cancellations

When JCCS is not available for training, where possible an alternative venue in Leeds or the wider area will be arranged. The aim is to match the training times as closely as possible but these may vary dependant on the venue. You will be informed of any changes in venue and time as far in advance as possible.

All fees incorporate 6 weeks of cancellation throughout the year, including Christmas, Easter and unexpected pool closures. If you go on holiday during training scheme time, please ensure coaches are aware in advance. Fees are not reduced/refunded for any time you take out of the scheme for holidays.

Illness/ Injury

If you are ill for one session, please ensure your coach is aware of this on return to training, or if possible contact the Head Coach.

If under exceptional circumstances any swimmer who is out of training due to a prolonged injury or illness (min 4 week period), a doctors/hospital note should be provided to the Training Scheme Co-ordinator. It will then be decided whether a reduction in fees for that period can be implemented.

Resignation

If your swimmer decides to leave the Synchronised Swimming Training Scheme, then 7 working days' notice before the next payment is due to be made must be provided in writing to the Training Scheme Co-ordinator and/or membership services team (memberships.services@leeds.gov.uk)

Should sufficient notice not be given, the following month's fees will still be payable

Contacts

For all training matters:

Head Coach- **Deanne Hopkins**

Part Time Coach- **Susan Barrington**

Tel: (0113) 3781737

Email: Deanne.Hopkins@Leeds.gov.uk

Tel: (0113) 3780296

Email: Susan.Barrington@Leeds.gov.uk

For administrative matters:

Training Scheme Co-ordinator- **Sharon Barraclough**

Tel: (0113) 3780295

Email: Sharon.Barraclough@leeds.gov.uk

Aquatics Office, John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

For Club Matters:

Club Chairperson- **Stephen Puttick**

Email: Chair@leedssynchro.org.uk

Club Membership- **Kim McGroarty**

Email: Membership@leedssynchro.org.uk

Club Welfare officer- **Lynne Laycock**

Email: Welfare@leedssynchro.org.uk ²³

New Members:

- ☐ Contact us to let us know if you have accepted your place
- ☐ Complete LCC Training Scheme Application form and Direct Debit information
- ☐ Read the LCC SSTS Terms and Conditions
- ☐ Read the LCC SSTS Code of Conduct
- ☐ Read the Synchro Handbook
- ☐ Complete the City of Leeds SSC Membership form and pay your annual ASA fee
- ☐ Sign the City of Leeds SSC Codes of Conduct forms