



Director of Swimming /
Head Coach Report

May 2018 – May 2019



Hatfield Swimming Club

SwimMark Performance Club

3rd season running



Performance

- Representation at EJC (2 bronze medals), EPSC (1 gold, 3 bronze)
- Arena League A Final - Winners of London League
- One WCPP Para Swimmer - Top junior and senior female swimmer of EPSC 2018
- GB Junior Team (4 swimmer)
- GB Deaf Squad (1 swimmer)
- Swim England Performance Squad (2 swimmers)
- Regionals (top club at present) - 34 swimmers at 15/over weekend



Coaching

Our Team

- Unchanged team of coaches
- We always welcome and appreciate more support 😊
- Safeguarding and DBS
- If you would like to get involved, please contact us.



Coaching

Coach development:


- Daniel – Swim England L2, SE Phase 1 coach. Looking to start L3 and OW in the summer
- Pippa – Swim England L2 , East Region OW Camp,
- Jack Donoghue - L3, Regional development
- Alex looking to start his coaching qualifications
- Encouraging all our volunteers to become qualified coaches
- Janko Gojkovic – L3, Coach 2024, Swim England Lead Coach Phase 2, HC at WJOWC



We train at...

Pools used:

- Herts Uni & Hatfield Swim Centre as main pools
- The Venue (now 2 evenings / week)
- Queenswood school (1 session / week)
- Hitching Open Air pool (summer time only)

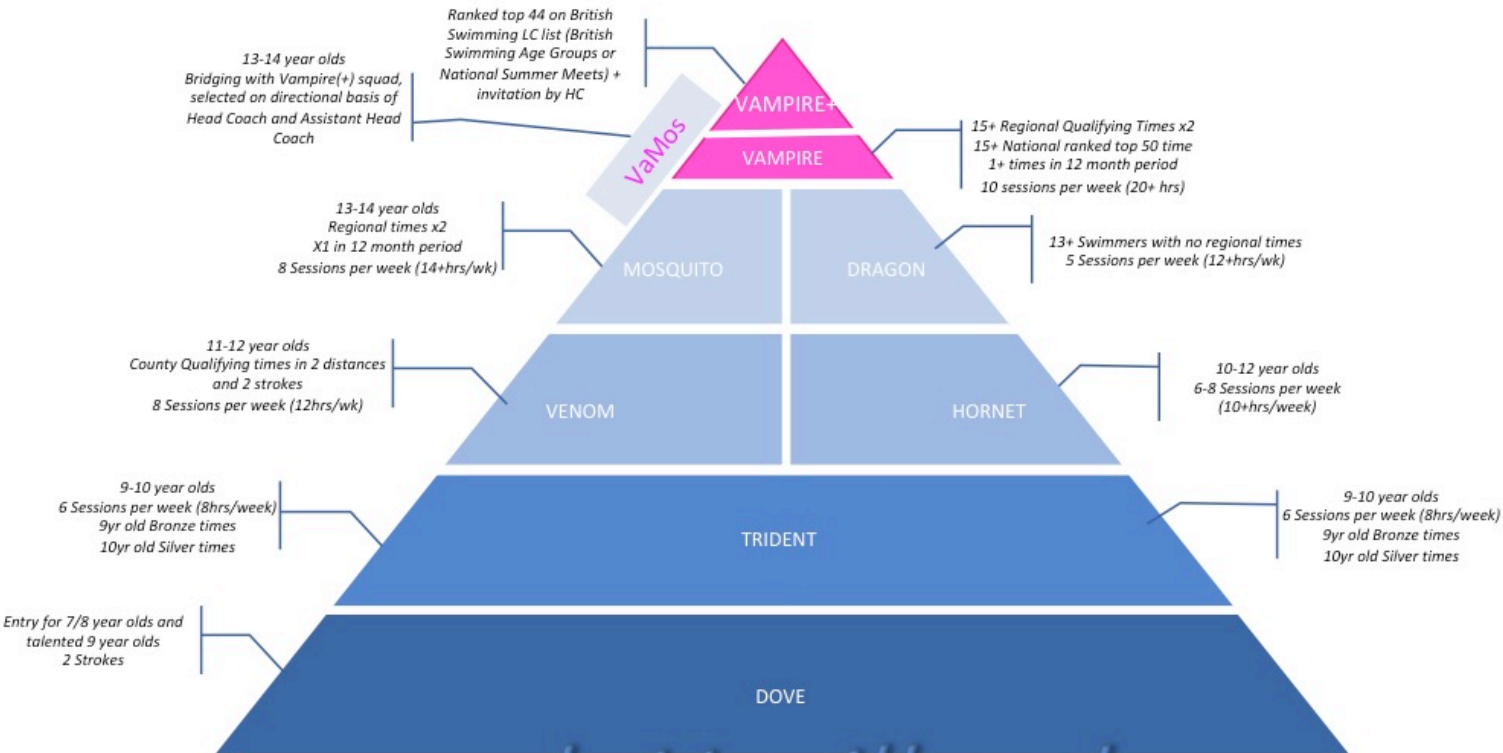


Squads & Structure

Structure:

- Intro of Vampire+ squad
- Clear and transparent
- Successful...


Squad Structure



deHavilland

Qualifying times are consideration times, only. Qualifying standards also include Swimmers' attendance, attitudes, skill development, and general progression.






Squads & Structure


Squads:

- S&C
- Sports Physio Clinic for all
- Screening for Vampire & Mosquito
- Weekly screening Vampire+
- Education (**Sports Psychology** and Nutrition)



Squads & Structure


Swimming programme,
coach education,
support services,
Swimmers' education,
All aligned with BS and SE.



Camps & Clinics

Camps and trips:

- Split (open to all) x1
- Race Simulation (Norwich - planned for June/July 18)
- Manchester International
- Rijeka (Cro)



Clinic(s) + Education

March '19

- Sports Psychology (all members)

April '19

- Sports Psychology (BC qualifiers)

May '19

- Endless pool (2 sessions)



Where are we going?

Continuous Improvement of Environment

Short-term:

- Senior programme linked to the university
- Support services (S&C, Physio)
- Swimmers' and parents' education
- Coach development



Next 12 months

Our Plan:

- 4 x Hatfield Meets + Club Champs
- Trips: Manchester, LC race simulations, Rijeka, Netherlands Open / Barcelona Mare Nostrum
- Coach Education (lobby for and support our coaches to attend SE camps + development workshops)
- Skills support programme
- Support services



Next 12 months

Tools to support us:

- Trip co-ordinators x 2
- More TMs level 2
- Utilise better physio clinic
- Extend S&C support to pre pool and pre race programme
- More skill based (video analysis - Endless pool, iPads, GoPro)
- Process goals (this will always be here :))
- Energy systems (HR monitors)



What do we need?

- More officials,
- More helpers on the pool side,
- More team managers,
- And yes, we always need more pool time 😊



Longer term 1-2 yrs

- Explore ways to promote our senior programme and links with the uni,
- Links with primary and secondary schools,
- Links with local clubs

All the above would open many options for the club development by providing better environments in and around the club.



Thank you!

Special thanks to everyone involved in organising and running our club, our meets, and our trips!