



SPBSCC

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Dear SPBSC families,

Welcome back to training in this exciting London Olympic year!

I write to address a number of important issues as we move into the second half of the 2011/2012 season. Taking the time to read this will ensure the best possible support for your child, the coaches and the club and I thank you in advance as I am only too aware of how busy life can be.

Coaching Team

With Bradley Sills and Stuart Brown joining the coaching team as full time coaches in December, I now believe we have a first class coaching team in terms of quality, knowledge, experience and commitment. As Damien, Milton, Stuart and Bradley are settling into their new roles and getting to know their new squads I am sure you will give them all your support. Please do say 'hi' to them side of pool and if you have any concerns regarding your child please do catch them at the end of the session to arrange a mutually convenient time to chat. All the coaches are happy to give feedback but please try not to ask for this during the session!

Role of the Coach

The role of the coach is to assist the athlete in developing his or her fullest potential. The SPBSC programme is athlete centred and coaches work hard to ensure there are no barriers to success. Swimmers progress is monitored and assessed on a regular basis in accordance with the Long Term Athlete Development Model endorsed by British Swimming. Coaches are the most qualified and experienced to judge the right approach when it comes to coaching your child please support them to do this by leaving the coaching to them! The very best support a parent can give in the world of swimming is positive encouragement, healthy food, transport to and from training and lots of love!

Squad Structure

The squad criteria are posted on the website for guidance only. Coaches meet regularly to discuss swimmers and evaluate their progress. Swimmers movement through the club's structure is not viewed by coaches as a 'promotion' but based on developing each swimmer to his or her fullest potential. The placement of our swimmers in the appropriate squad ensures that all get the best coaching possible corresponding to their physical and mental development in accordance with the Long Term Athlete Development Model mentioned earlier. Research has shown that it takes at least 10 years or 10,000 hours for talented athletes to achieve sporting excellence. There are no short cuts and there is no rush! Please be patient whilst your child clocks up their 10,000 hours and rest assured that they are in the squad that best meets their current stage of development. When the coaches feel that you child would benefit from moving to another squad they will certainly be in touch. Everyone progresses at different rates and the coaches will be happy to move swimmers as soon as they judge the swimmer has reached the maturity required.

Competition

At the beginning of each swimming season coaches prepare the club's competition calendar with great care. There are many meets/galas which the Club takes part in at different levels and with different goals for our swimmers. So that you can best support your child at these galas it is important to stress that some meets are primarily for training. Coaches will be asking swimmers to focus on areas which are relevant for them and this may mean that they don't swim to your expectations in terms of PBs and medals – this is part of our long term athlete development and exactly where we want them to be, not all galas are about speed and winning. It is important that parents do not give conflicting advice to swimmers in terms of execution of the race and post-race feedback. Please encourage your child to stick to the race plan agreed with his or her coach and always to go straight to the coach present immediately after their race for feedback, warm down instruction and preparation for the next race. If you have any questions or concerns about galas, what is expected of your child or your child's performance, please do arrange a time to talk to your child's coach. The coaches are keen to keep you in the loop.

We are now moving into the most important part of the season for many of our swimmers with the Surrey County Championships in February and March. There will be 4 weekends of competition which will culminate with relays on Sunday 18 March. With the **biggest number ever** of SPBSC swimmers qualifying this year the expectations are high and the results will be an important gauge to evaluate our efforts in becoming a successful competitive swimming club in Surrey and the London Region. **All eligible swimmers will be entered automatically by 20 January and expected to swim.** Please keep those dates free in your diaries. In the unlikely event of your child not being able to participate please contact your child's coach before the 20 January. The Championship schedule can be found on our website under Competition link.

Thank you in advance for the support you offer to your child, the coaches and the club. It is an exciting year ahead for SPBSC. In this Olympic year I see many potential Olympic swimmers in our own pool and I am proud and excited to be your Head Coach.

With kind regards,

Martin Jurco Head Coach