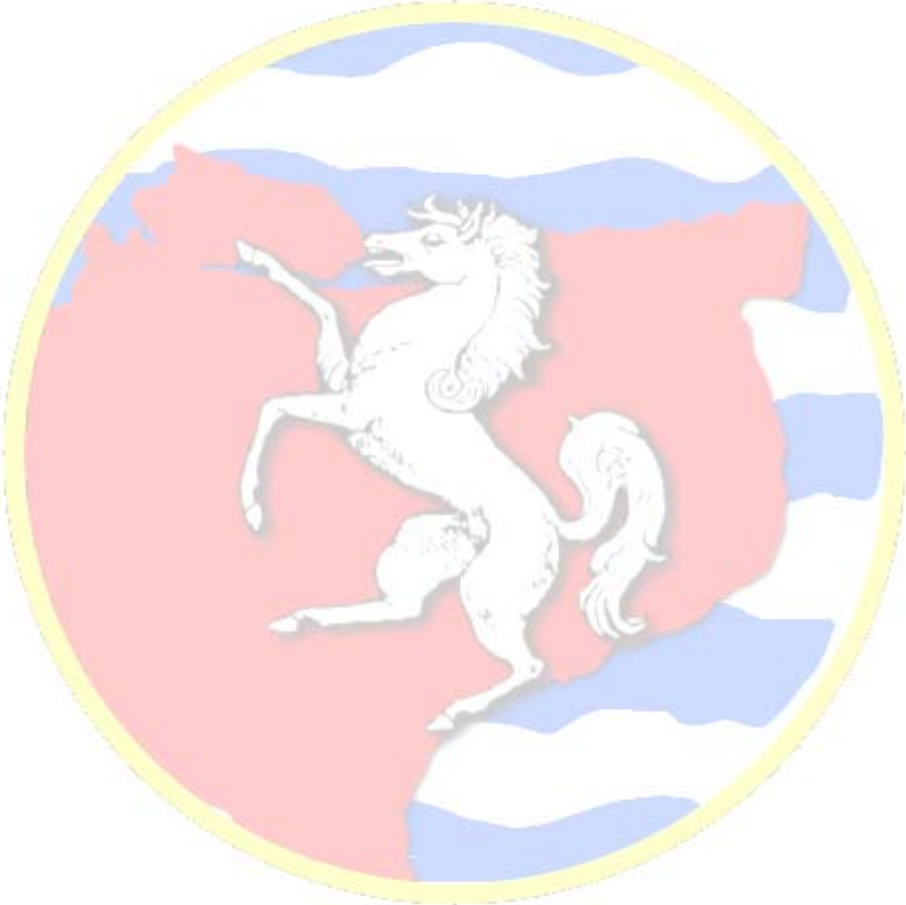


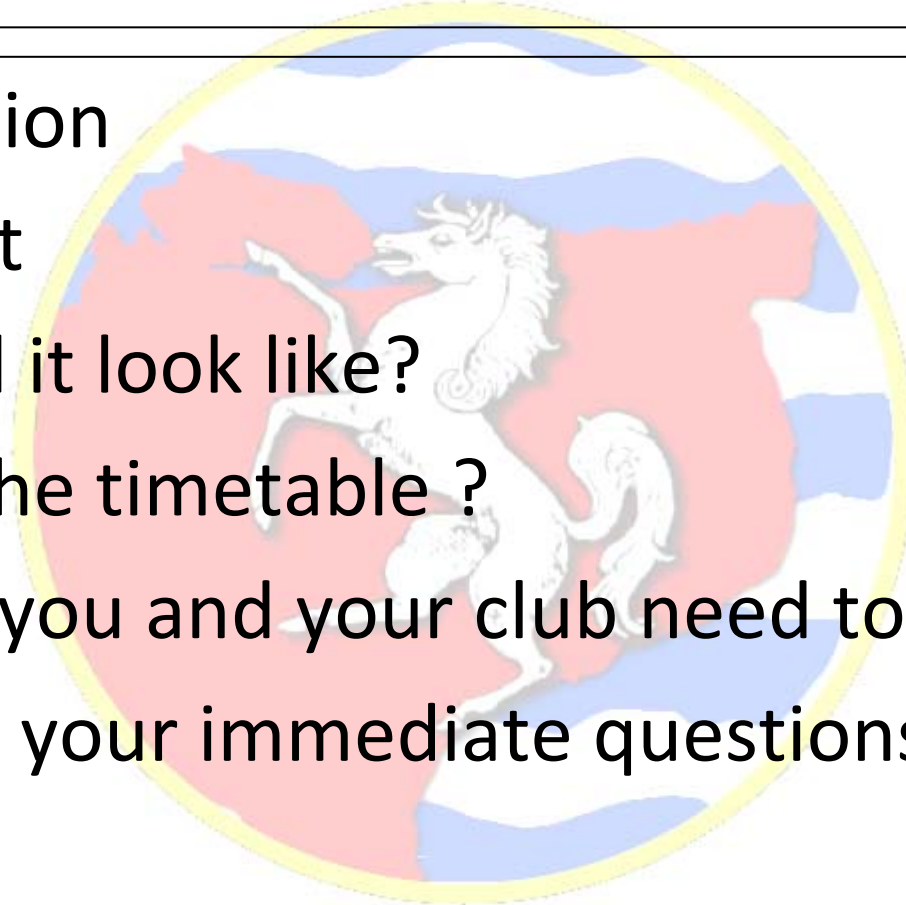
East Invicta Performance Swimming



January 24th, 2011

Agenda

- Introduction
- Why Do It
- What will it look like?
- What is the timetable ?
- What do you and your club need to do now?
- What are your immediate questions?



Objective

The background image shows an indoor swimming pool with several swimmers in various lanes. Lane markers are visible in the water. In the background, there are racks of colorful lifebuoys and a banner hanging from the ceiling. The overall scene is a busy aquatic center.

- **Vision:**
Create a performance swimming squad within East Kent that can compete at national level
- **Strategy:**
Develop a successful East Kent Team through local swim club partnerships using the East Invicta ASA.
'Partnerships' mean investment and development in:
 - 'Performance' level swimmers,
 - Coaches (education and development)
 - Access to additional facilities and outside expertise.The team would be developed in line with ASA guidelines specifically the LTAD.

Philosophy



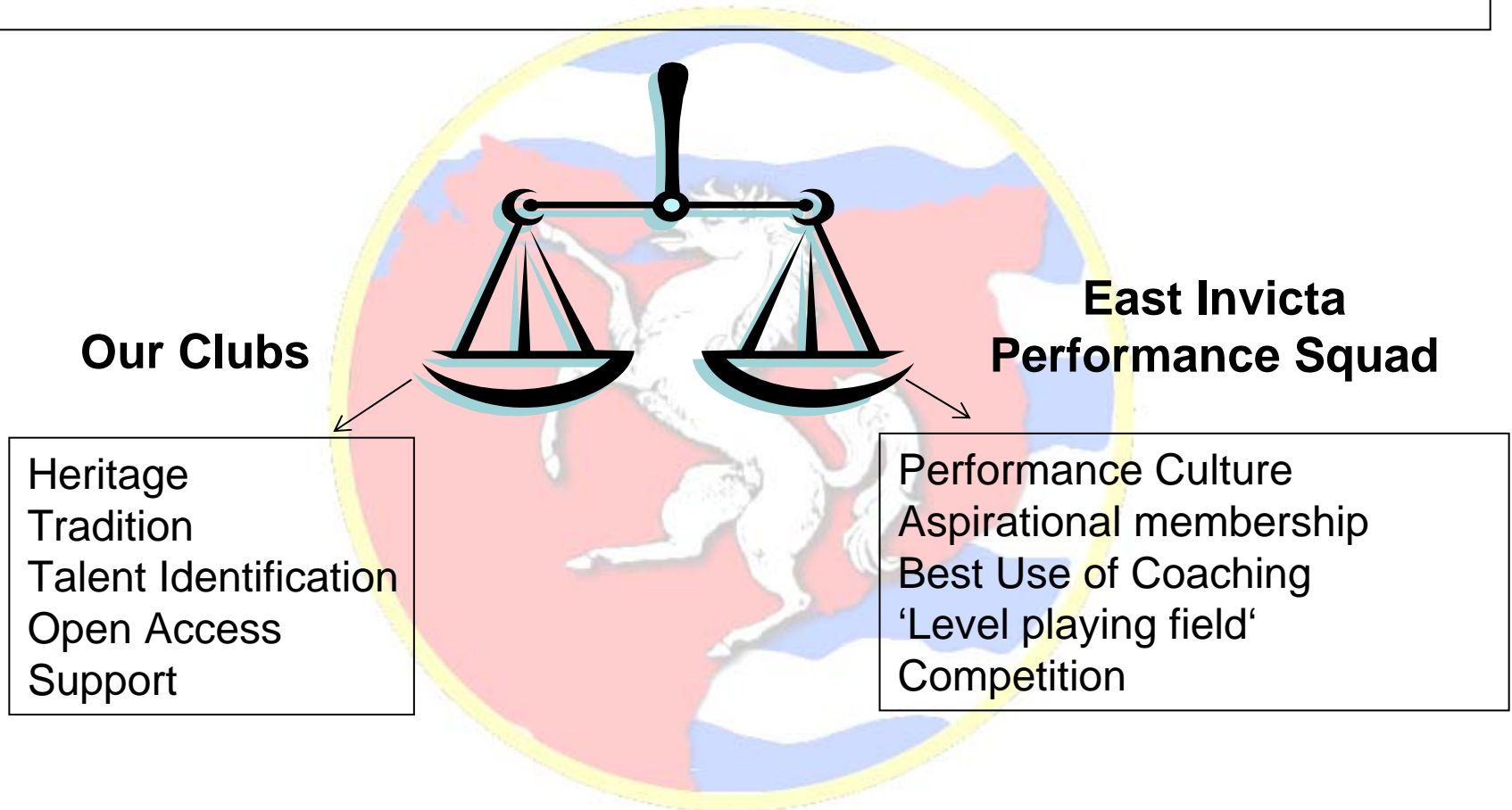
- **What it will be:**
East Invicta performance squad working ***ALONGSIDE*** our Club Teams
A chance to optimise our resources
- **What it is not:**
Taking over from the clubs
Clubs losing their best swimmers
Loss of our clubs' heritage and traditions

The building blocks

- Provide support network for competitive success
- Develop aspirational team membership
- Develop coaching in our region
- Allows 'peer support' for our performance swimmers
- Helps to unlock funding



We need to get the Balance Right



Best Performance at Regional and National Level

What Could it Look Like?

Development of a Performance Squad/Training

- Selection Criteria? *This will be decided by the Coaches*
- Train together as often as possible monthly / 2 monthly?
- Guest experts, video analysis, nutritionists S&C etc.
- Locations – The ASA have already confirmed that if we go ahead we will be afforded the same rights to pool time at Crystal Palace as a County.
- All coaches encouraged to participate – in fact for it to work they need to attend as often as possible
- Sessions per a time table agreed by all coaches

What Could it Look Like?

Competitions

- **ALL** competitions will be completed at **CLUB** level **except**
 - Regional Championships
 - Zonal Championships
 - National Championships
- Swimmers and Coaches at these events will compete under the auspices of East Invicta
- All coaches of competitors at these events will be encouraged to attend

What Could it Look Like?

And What About Relays ?

- **Criteria will be determined by the Coaches**
- Selection will be completely transparent with minimal room for interpretation
- We maximise the number of teams we can select
- Swimmers not initially in squad could be invited to join if necessary to make up the relay squad.

Any Questions?

