



East Invicta eXcel

East Invicta eXcel has just recently been formed – Your club is one of the founding members. These FAQs should answer some of your basic questions. If you have more please speak to your head coach or contact Mark Walsh on markc.walsh@btinternet.com

1. What is East Invicta eXcel?

The eXcel was formed so that clubs could better share their resources to allow our swimmers to better compete on a regional or national level.

2. How does that work?

There are three main themes underpinning East Invicta eXcel

- We will compete as one team at Regional and National championships
- We will have a eXcel Performance Squad for Regional and National championships AND an eXcel Development Squad for development swimmers
- We will support our clubs NOT replace them

3. When does this begin?

The EI eXcel club has just recently been formed and registered with the ASA. That means for this year's South East Regional and National Championships we will be competing as a unified East Invicta eXcel team.

Training events are now being planned for the Performance squad and the Development squad training events are now being developed. Your coaches will be able to keep you updated.

4. What clubs are involved?

Currently, Folkestone, Dover, Ashford, Canterbury, Hythe, Herne Bay and Faversham. Involvement has to be renewed yearly.

5. So how do swimmers get involved?

At the moment the coaches committee have agreed that entry to the Performance squad will be based on either achieving a qualifying time for the South East Regional Championships or having been selected for one of the relay teams.

Entry requirements for the Development squad will be based on achieving Kent County Championship times.

6. How will it work if I have been invited into the squad as part of a relay team

In these circumstances you will be invited into the squad because we do not have a enough swimmers who have achieved SER times to form a relay team. We want to ensure that you are given every opportunity to get to know your team mates and to train together. You are effectively on probation, you will be expected to show commitment to training and to attend squad sessions. Reports from your coach will be considered before making a final decision to enter a relay team to the competition in question. You will be asked to leave the squad if it is decided not to enter a team.

7. Will the Development squad compete as one team?

No

The purpose of the Development squad to offer additional training opportunities to those already delivered your club. Being a member of the Development squad should help our swimmers advance to the Performance squad.

Swimmers will continue to compete for their home clubs in local galas, County championships, Arena Leagues and the Kent Junior Leagues.

8. How will my club get recognition at the Regional and National Championships?

East Invicta eXcel will have 'joint recognition' kit. This means that the swimmers' home club will be prominent on the East Invicta eXcel Kit

When competing for eXcel, names of home clubs will be credited in the event programmes.

9. And what about the Coaches – Won't they loose out?

You clubs have involved your coaches in the formation of the eXcel and they will still be THE leading guide for your swimmers. The 'extra' opportunities offered by eXcel are to support your club and its coaches.

Moreover, as the ASA has been very involved with this effort extra training and CPD opportunities will be available to our coaches.

10. How many times will the eXcel squads train or compete together?

There will be very few eXcel competitions on a yearly basis – mostly National and Regional Championships.

From a training perspective it is planned to have 3-4 training events this competitive season for the Performance Squad. The Development squad programme is currently being designed but is likely to be 2-3 events this competitive season.

It is envisaged that this programme will be expanded for the 2011/2012 season.

11. How will this be funded?

As with all extra training some of the cost will have to e covered by parents though we will keep this to a minimum. There will be no extra 'monthly fees' but the costs will be related to additional pool hire or coaching fees for 'visiting coaches/experts.

The East Invicta ASA have committed to assist with funding and we are working with the ASA to help with additional support.