

## Aims & Objectives

What is the overall aim of Chesterfield Swimming Club?

That's a simple question, which has a simple answer. To provide swimmers in the Chesterfield area with appropriate opportunities so that they can go on to reach their full potential.

What does this mean in reality? Not every swimmer can become an Olympic Champion and, even for those who have such potential, Chesterfield Swimming Club cannot provide the level of resources required to get them all the way to the top. What it can and does provide is a thorough, rigorous preparation of young swimmers so that those with suitably high levels of potential can be identified and prepared for moving on to programmes of excellence at county, district and national level. At each level, our aim is to meet the needs of swimmers as set out in the ASA's implementation of LTAD (Long-Term Athlete Development).

Whilst striving to provide every swimmer with the chance to fulfil their potential, we value and nurture participation by all; not just the few at the top of the pyramid. We aim to encourage lifelong participation in the sport and to provide opportunities for competitors to continue their involvement when their racing days are over. We rely on and encourage involvement of parents in the running of the club and of the sport.

The following list of values determines the objectives, structure and policies of the club:

1. We are a competitive swimming club, not a recreational one.
2. We aim to ensure that everyone can participate at an appropriate standard.
3. To encourage continued improvement to allow swimmers to reach their own potential.
4. To recognise that effort, improvement and achievement are all to be valued.
5. To retain a close, friendly atmosphere with club spirit and supportive club members.
6. To try to ensure fun is had at each step along the way.

### **Pool time and allocation.**

We seek to ensure the optimum pool time in terms of hours and sessions exists at each training level to meet the requirements of the swimmers. The size of the programme at each training level is designed to resource and develop our programme, bringing through sufficient swimmers to progress to the top levels, maintaining interest at all levels and to provide opportunities to diversify.

### **Quality not just quantity**

We try to ensure the quality and design of our training programme is at the forefront of our objectives.

The quality and structure of training is as important as quantity (distance covered). Our competitive programme is designed to meet the early developmental needs of performance swimmers. Those who show sufficient



potential will be guided and encouraged to improve their standard to the point where they can join Performance Programmes (Derwentio eXcel or City of Sheffield Swim Squad).

To help our swimmers reach these levels and achieve their potential the club's quality objectives provide:

- A physical and mental progression through well-designed training squads that keep them fresh and excited.
- An emphasis on stroke technique that will prepare them to swim fast at any level.
- The provision of appropriate competitions\* at each level to help draw out the best in each individual.
- At the upper levels: hard work on a daily basis and land training to complement the swim training.
- Provide up to eight sessions per week when this is what swimmers require to reach their potential.

\* Appropriate competition means that swimmers need to compete in events with swimmers of the same level as well as those where they can achieve some success and in events where the competition is faster. The Club will continue to compete at a variety of competition levels through Leagues, Galas and Open Meets to meet this objective.

## Be the Best We Can Be

To aim to achieve as highly as possible in everything we do.

Judging whether this has been achieved depends on how it is measured. Whether we can be the top Club in North Derbyshire or the whole county based on medals at county championships or swimmers who are selected for county performance programmes, the club with the most National swimmers, the club that runs the best galas or teaches the most youngsters to swim, the club with the most active, qualified officials or the one which has the most fun? The measures are limitless and opinions will differ about which are the best yardsticks.

For us it's all of the above but success will not happen overnight. We will use results from the County, Regional and National Championships as well as the local and national leagues to plot the progress of the club's programme and we will keep you informed through good communication.

