

CHSC SQUADS

Development Junior Squad

This squad is classed as the stepping stone from swimming lessons to competitive swimming. This is where stroke technique, stamina, strength and swimming vocabulary will be introduced.

Equipment List - Kick board, pull buoy, flippers.

Expected training - 2 Dev sessions per week with one of those sessions being Tuesday 5-6pm.

Expected competitions - Diddy League Gala (if selected), Open Water Festival, Club Championships.

Development Senior Squad

Our senior development swimmers are those that understand swim club terminology as well as stroke drills and skills. This squad is aimed to enhance technique, build stamina and strength and improving race technique.

Equipment List - Kick board, pull buoy, flippers.

Expected training - 2 Dev sessions per week with one of those sessions being Tuesday 6-7pm.

Expected competitions - Diddy League Gala (if selected), Arena League Gala (if selected), Club Championships, Level 3 Open Meets.

Performance Squad

This squad is for our senior swimmers, usually those that swim county level or above. We also place swimmers into this squad for hard work, determination and skill. Performance swimmers get pushed every session, whether that be stroke improvement, stamina, speed or strength.

Equipment List - Kick board, pull buoy, flippers, snorkel.

Expected training - 3 performance sessions per week minimum.

Expected competitions - Diddy League Gala (if selected), Arena League Gala (if selected), Club Championships, Level 1,2&3 Open Meets to qualify for Warwickshire County Championships, West Midlands Championships & Nationals.

****There is equipment to borrow at our home pool (kick boards, pull buoys & limited flippers) but i would suggest getting your own and making sure you name it.****

***** For more information on competitions please go to competition page*****

COMPETITIONS

Diddy League/Arena League

As a competitive swimming club we are entered into 2 different Leagues each year, one being Junior/Diddy League and the other being Arena League. Both are made up of 3 team evening galas throughout the year. These galas take place on a Saturday evening (lasting approx. 2 hours) Diddy League is targeted at swimmers aged 9 - 12 and Arena League is aimed at the entire club. It should be seen as an **HONOUR** if selected for these teams. Whilst we appreciate that there may be clashes in your diary it is vital for us as a competitive club that swimmers generally swim when asked to. To maximise points we need 4 swimmers PER AGE GROUP to make a relay team, whether your child swims a relay or an individual everyone is as valuable as each other. We kindly ask that you please prioritise that League Gala dates as much as possible.

Baring that in mind here are the dates for 19/20 :-

Arena League	Diddy League
Saturday 12th Oct 2019	Saturday 28th March 2020
Saturday 9th Nov 2019	Saturday 9th May 2020
Saturday 14th Dec 2019	Saturday 13th June 2020

Club Championships

Club championships are our in house competition we ask all our swimmers to compete it. It is a great way of getting used to racing for our new members and for our more experienced swimmers an opportunity to swim PBs in all events. We have recently made these championships licensed meaning the times gained at these champs can be used as qualifying times for those open meets that require them, for example Warwickshire County Champs. We do 2 Club Champs a year, one being our short distant sprint champs and the other being the longer distances. We also hold a celebration after these championships to hand out 1st, 2nd & 3rd medals in each age group and Top Boy and Top Girl in each age group too.

Warwickshire County Championships

We are members of Warwickshire ASA which holds the County Championships in January and February each year. Swimmers have to achieve the qualifying time to participate in these championships. The championships celebrate the fastest swimmers in the county and something that we encourage the children to aim for at the beginning of their swimming journey. To make these qualifying times is a massive achievement so those that do qualify we expect you to compete as this is a fantastic experience and a stepping stone to competing at a higher level.

West Midlands Championships

The level of the swimmers competition progresses to the West Midland Championships. As before swimmers have to qualify for these championships that take place during May; however as expected the times are more challenging for the swimmers as the level of competition heightens. These championships celebrate the fastest swimmers in the West Midlands and we encourage our performance squad to aim for these championships.

National Championships

As the swimmer continues their journey they compete in the National Championships. Qualification is challenging and swimmers have to compete during a specific qualification window each year. The top ranked swimmers for each event and age group gets invited to compete at the National Championships in Sheffield every summer to race against the **best in England**.