



28/03/2017

Notice From Head Coach

The club is having a well overdue restructure of its development squads. Qualified coaches are in place and the development of your child's swimming career is foremost in the minds of Chester-le-Street ASC.

Over recent months, we have studied our current Long Term Athlete Development and we discovered our pathway was not as clear and as progressive as it should be within the ASA guidelines (see 6 page attachments in regards to LTAD).

From April 1st 2017 we are sadly saying goodbye to the SD squads which have served the club well, we are putting a more streamlined system in place enabling parents and swimmers more choice in days and times of swimming, and giving swimmers more water time as they make progression through squads, including an introduction to strength and conditioning from an earlier squad group, making the move to competitive swimming easier and less of a hurdle to overcome.

Our new structure is based on ability and not age as all children develop both mentally and physically at different speeds.

New structure shows the following LTAD plan:

E squad	2 hours available
D squad	4 hours available
C squad	5 hours plus 1 hour S&C available
B3 squad	9.5 hours plus 1.5 S&C available
B2 squad	12.5 hours plus 1.5 S&C available
B1 A Squad	16 hours plus 2.5 S&C available

Chester-le-Street ASC has always prided itself on its ability to remain self-sufficient and ran as a family based competitive club, but to enable this to continue we need the full support of parents: the club, the coaches and mainly your children need parents to help with fund raising, officiating at galas, committee members, and generally promoting the club in a positive manner at all times. Please speak to a committee member if you think you can help at all.

On behalf of Chester-le-Street ASC I welcome your continued support and look forward to 2017 and onwards with great aspirations.

Gary Renshaw

Head Coach