

Coaches Report for 2016 season

I would like to begin this report by extending my thanks to all our teachers and coaches who give up their time so generously to support the club. I would also like to thank all the parents, officials, ad hoc volunteers whose contributions, support and running backward and forward are of immense importance to ensuring our swimmers reach their full potential.

Swimmers have all achieved success at individual levels which has included an increased commitment from many, improved technique and more regular attendance. Some swimmers have gained success at competitions with PB's, becoming ranked among the top in their age groups, and obtaining records at District and Scottish level and winning medals at National events. In 2016 St Thomas had representation in every Scottish National event with either medallists or finalists/top 10 finishes at the Scottish Schools, Age Group Nationals, Open Nationals, Summer Meet and Short Course Nationals. Jack Green and Sophie Smith again represented the club successfully at the British Summer Championships in Sheffield and Sophie represented Scotland Youth at Luxembourg in January 2016.

The club has representation at different levels within Scottish Swimming's Performance Pathway: DRP/Bronze and Youth Squad. I would like to see some of our Bronze Squad swimmers knocking on the door of Youth Development Squad selection. Congratulations to all those who have achieved times for these squads. To build upon this it is incumbent upon all swimmers to try to attend the maximum amount of hours available to them, enter competitions, focus and plan for their future including all lifestyle issues of eating, rest, recreation, nutritional habits and time management.

Thanks to the excellent work of Paula as Club Development Coordinator, the club continues to improve its training and competitive pathway for our younger swimmers. In 2016 we have introduced 'dive and try' and 'ready to race' competitions as well as streamlining our club training squads to maximise pool time. At the end of last year we also introduced a swim skills squad as part of the club ready programme.

As with last year I have included a copy of the targets the club has set from its Development Plan. In order to build upon our current success and ensure we plan for the long term I would encourage all members to focus on our development plan and familiarise themselves with its contents. Any help, support and comments would be more than welcome.

Action Points:

Objective 1 Club growth and development

To enhance provision for all sections of club through:

Quality Instruction (keeping CPD up to date, mentoring, opportunities to attend DRP, Stroke Camps, YDS, Youth Squad etc)
Continuous review of squad structure
Recruit more volunteers (up date policy)
Volunteers and coaches to register with Council (Coaching Angus)

Objective 2 Increase number of swimmers

To regularly recruit from local swim school programs (once per block)
To organise a club open day/ skills camp (once a year)
Coaches to liaise and seek feedback from swimmers (once per cycle)
Coaches to liaise and seek feedback from parents (once per cycle)

Objective 3 Enhanced opportunities for competition

Update competition calendar including proposals for leagues
Review internal competitions for Development and Junior squads

Objective 4 Success at individual level

Improvement in stats at District and National Events (Annual review)
Invite tech support staff/Nutritionist/Physio/Sports Psychologist
Review incentive schemes-swimmer of the month/ golden tickets (Club Captains)

Objective 5 Increased number of qualified teachers/coaches

Mentor-training programme
Annual Courses
Develop self-evaluation program

Objective 6 Effective Administration

Internal Communication (E-Mail data base for weekly plan, annual membership to be maintained and distributed by Membership Secretary)
Coaches-copies of names/address/ emergency contact numbers etc (annual review)
Job Description for all committee members and coaches (annual review)

Objective 7 Links with external agencies

Meetings with Pool Manager/Swim Programme co-ordinator (once a year)
Meetings with Angus Swim Development group
Liaison with Angus Council Sport Development Officer
Liaison with Midland District (including clubs)
Liaison with Scottish Swimming and Scottish Swimming Regional Development Officer