



CONNAH'S QUAY  
ASC

# Parents Meeting

## May 2017

# Agenda

- Introduction – Head Coach
- The Next Phase – Swim Squad Proposed Plans
- General Points
  - Website & General Communication
  - Gala – Volume, Locations, Kit & Preparation, Expectations Club & Parents
- Questions
- AOB

# Proposed Plan Rationale

The meeting & proposed plan objectives, are aimed at:

- Sharing the next phase of the Clubs Swimming Development
- Raising the clubs performance levels
- Optimisation of available pool time
- Ensuring Swimmers
  - get the most out of their experience as members of CQASC
  - realise their potential
  - get the best coaching support/development possible.

# Proposed Plan Summary

- Revised Squads – Reducing from 6 to 5 to create a stronger pathway through club.
- Greater visibility of Performance Pathway Squad Structure (Nofio Clwyd) & current CQASC swimmers who are part of the performance centre.
- Addition of Pre (15 mins) & Post (15 mins) pool time DRY Stretching – for Development & Competition Squads. (Initial qualified training will be given - Ed)
- Squad Structure will be reviewed every 3-6 months.
- Some swimmers have moved squads as part of the revised structure proposal.
- Competition & Development Squads will start to receive 1-2-1 Sessions as part of their swimming experience, to be held by Head & or Assistant Head Coach.
- Squad position is not guaranteed if squad criteria is not being achieved.
- Fee increases are applicable where a child's swimming hours have increased.

# Revised Squads Overview

<b>Competition Squad</b>	→		<b>Competition Squad</b>
<b>Development Squad</b>	→		<b>Development Squad</b>
<b>Junior 3</b>	→		<b>Disbanded</b>
<b>Junior 2</b>	→		<b>Junior Skills 2</b>
<b>Junior 1</b>	→		<b>Junior Skills 1</b>
<b>Fitness</b>	→		<b>Fitness</b>

# Competition Squad

Competition Squad
Lucy Thompson
Finlay Carney
Coby Dawson
Jack Baines
Thomas Metcalfe
Mia Breeze
Kaitlin Rimmer
George Brewin
Nathan Wren
Bruce Calcott
Josh Chambers
Kevin Liu
Mia Jane Parry
Callum Minshull
Annaliese Sayer

Selection for this squad will now be determined by qualifying criteria based on:

- Age
- Specified event qualifying times
- General attitude
- Specified skills
- Gala attendance.

(Full details will be made available)

Training times for this squad are as follows:

Mon-Thurs – 6.15 to 8.15pm (Pool-time 6.30-8pm)

Sat – 7.15 to 9.45am (Pool-time 7.30-9.30am)

Sun – Land Training at Gym – 9.30-10.30am

**Total Hours incl. Pre & Post Pool – 11.5 (Increase of 2.5 hrs due to pre-post pool time)**

# Development Squad

Development Squad
Sophie Booth
Harri Jones
Dylan Parry
Elinor Travis
Syd Nagy
Katy Anglesea
Georgia Hansom
Freya Hunt
Maddie Hughes-Dutton
Leah Halliwell
Rhys Darbey
Katie Odd
Lottie Hughes
Freya Molloy
Katie Roden

Selection for this squad will now be determined by qualifying criteria based on:

- Age
- General attitude
- Specified skills
- Gala attendance.

(Full details will be made available)

Training times for this squad are as follows:

Mon, Tues & Thurs – 6.15 to 8.15pm (Pool-time 6.30-8pm)

Sat – 7.15 to 9.45am (Pool-time 7.30-9.30am)

Sun – Land Training at Gym – 10.30-11.30am

**Total Hours incl. Pre & Post Pool – 9.5 (Increase of 2 hrs due to pre and post pool time)**

# Junior Skills 2

Junior Skills 2
Hai Liu
Seren Minshull
Djimitri Carter
Jacob Welsh
Alysia Colecliffe
Thomas Ouslem
Sinead O'Mahoney
Amelia Millard
Seren Lonergan
Jamie Edwards
Elenor Carney
Daniel Slack

Selection for this squad will now be determined by qualifying criteria based on:

- Age
  - General attitude
  - Specified skills
  - Gala attendance.
- (Full details will be made available)

Training times for this squad are as follows:

Tues & Wed – 6.30 to 8pm

Sat – 7.30 to 8.30am

Sun – 8 to 9am

**Total Hours – 5 - new squad / hours for all children in this squad.**



# Junior Skills 1

Junior Skills 1
Hannah Clough
Callum Evans
Connor Keeley
Jessie Lewis
Bobby Stephens
Mia Biddle
Sean Clarke
Olivia Swiderska
Nirusan Gunaraj
Bryonie Davies
James Wren

Selection for this squad will now be determined by qualifying criteria based on:

- Age
  - General attitude
  - Specified skills
  - Gala attendance.
- (Full details will be made available)

Training times for this squad are as follows:

Wed – 6.30 to 8pm

Sat – 8.30 to 9.30am

Sun – 8 to 9am

**Total Hours – 3.5 – no change**

# Fitness Squad

<b>Fitness Squad</b>
Lewis McDonald
Nathanial El-Rahib
Jess Metcalfe
Shae Dawson
Edward Cornwall
Lowri Brown
Iona Brown

Selection for this squad will now be determined by qualifying criteria based on:

- Age
  - General attitude
  - Specified skills
  - Gala attendance.
- (Full details will be made available)

Training times for this squad are as follows:

Mon & Wed – 6.30 to 8pm

Sat – 7.30 to 9.30am

Sun – 8 to 9am

**Total Hours – 6 – no change, Switch of swim day – Tues to Mon.**

# New CQASC Web Site

- New Web Site Currently Under Development. However core site will hold info related to following areas:
  - Club News
  - Gala Information
  - Meet the Team & Contact Us Details
  - Training Timetable
  - Child Welfare
  - Technique Zone
  - Club Kit
  - Photo Gallery
- Help the club raise the efficiency of general communication to ALL.
- Ensure we have all club info readily available online & retrospectively for review – Gala news, results, performance updates, activity, gallery photo's etc.
- Will become main source of communication for club around gala's, updates & general information.
- Enhanced visual communications are part of the plan with improved notice board volume, layout & structure.

# New CQASC Web Site



Welcome to **Connah's Quay Swimming Club**, a Competitive Swimming Club based at Cambrian Aquatic Sports Centre.



### 2017 Annual Club Membership

Please note that the 2017 Annual Club Membership fee is due this month (March). This amount includes the Annual WASA Membership

### 50m Training Sessions

We are aiming to offer 4 50m training sessions this coming year. The second of which is taking place on the 27th May. See the Gala

### 2017 Club Championships

Keep the 2nd and 3rd of December clear, it's the 2017 Club Championships. As well as the normal events we will be having some family



## Training Schedule & Pool Time for Squads

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
Junior Development 1/2			6:30 - 8:00pm		Rest Day	8:30 - 9:30am	8:00 - 9:00am	3hrs 30mins
Junior Development 3	6:30 - 8:00pm			6:30 - 8:00pm	Rest Day	7:30 - 8:30am	8:00 - 9:00am	5hrs
Fitness Squad		6:30 - 8:00pm	6:30 - 8:00pm		Rest Day	7:30 - 9:30am	8:00 - 9:00am	6hrs
Development Squad	6:30 - 8:00pm	6:30 - 8:00pm		6:30 - 8:00pm	Rest Day	7:30 - 9:30am	GYM 10:30 - 11:30am	7hrs 30mins
Competition Squad	6:30 - 8:00pm	6:30 - 8:00pm	6:30 - 8:00pm	6:30 - 8:00pm	Rest Day	7:30 - 9:30am	GYM 9:30 - 10:30am	9hrs

Not sure what squad your in? [Download this PDF](#)

Land Training takes place at:

[Number One Health, Strength & Performance Gym CIC](#)  
1 Expressway Business Park, Station Rd, Queensferry, Deeside CH5 2TF

### Get Social

Want to follow us? That would be super.



### Background

We are proud to be a founder member of the Nofio Chwyd Performance Swimming Group. Nofio Chwyd also train at Cambrian Aquatic

### About Us

The club was established in 1968 with the aim to offer a structured training environment for the children of the surrounding areas. The clubs



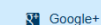
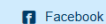
## Connah's Quay Swimming Club Gallery

Here you find images of various events we attend as a club.



### Get Social

Want to follow us? That would be super.



### Background

We are proud to be a founder member of the Nofio Chwyd Performance Swimming Group. Nofio Chwyd also train at Cambrian Aquatic Sports Centre, the home of Connah's Quay Swimming Club. Connah's Quay Swimming Club is affiliated to Swim Wales, the National

### About Us

The club was established in 1968 with the aim to offer a structured training environment for the children of the surrounding areas. The clubs ethos has never changed and still offers high quality training to the members, with the goal to improve their technique and performance levels.

# Other points

- Gala's – Volume & Locations under review to enhance swimmer experience.
- Discuss Gala Kit expectations – wrong kit, not enough kit, not ready for the gala – what races swimming.
- Gala Nutrition requirements. What should they eat, how often.
- Gala attendance & parent expectations over swimmer responsibility on day of a gala.
  - Gala attendance criteria will be clearly visible & tracked as part of the criteria.
  - Anyone who feels they will not be able to meet the criteria as laid out should speak to the Head Coach who will in turn refer the matter to the committee for consideration.
- Team Gala's – selection process & how team is compiled, young squad as well as difficulties when re-shuffles are required.
- Photo & Image Storage – parents thoughts on it for training & development purposes.
- Looking to do more generally with the Kids to enhance experience – Team building fun, trips, gala's as a team with no parents? Discuss 😊



**Any Other Business**

*That's all Folks!*

*Any Question?*