

# Camp Hill Edwardians SC. Swimming Programme

Pool location: King Edward VI Camp Hill School, Vicarage Road, Kings Heath, Birmingham.

## CODES OF PRACTICE AT THE SCHOOL

**We have been indebted to the school for allowing us to use their facilities for many years and we thank you in anticipation of your support on the following matters...**



- The school and its grounds are considered private property and should be treated as such at all times.
- Neither parents nor swimmers should wander the school grounds for any reason.
- Member's dogs should not be exercised or released in the school grounds.
- No ball games or games of any other type are permitted anywhere on the school grounds.
- Keep dirt out of the pool and changing room areas by cleaning shoes in the entrance lobby.
- Car parking is usually available near the swimming pool, but precedence must always be given to the school's needs.

## SESSION DESCRIPTIONS

The following session descriptions have been put together to try and provide a guide for swimmers to determine which pool sessions they should attend. The descriptions will possibly still leave some "grey" areas, but we would ask that you please understand the broader objectives behind the descriptions - to try and ensure the sessions are organised to suit the current ability levels of the swimmers and offer them the opportunity for advancement.

**Important note** - *the Timetable and the Pool Session descriptions have been created to try and provide the best opportunities for the widest range of swimmers and abilities. Our objective is to create a programme that is both manageable and focussed, whilst also allowing the Club to achieve its primary goal of providing first class competitive swimming for its members.*

**JUNIORS** - Swimmers generally up to the age of 12 years of age, with a wide range of abilities.

**JUNIOR TEAM** - Enthusiastic competitive swimmers generally up to 12 years of age, who have been frequently selected to represent the Club in competition and who would reasonably be expected to form the basis of our Junior Team in the future. Developing swimmers may be requested to join this group by a member of the coaching staff at any time. **Note:** *Our wish is to have the main "core" of our Junior Team training together as a Team at least once every week and we would ask parents to make a special effort to accommodate this session, for the benefit of the Junior competition success of the Club.*

**ADVANCED GROUP** (also referred to as Top Group) - Experienced swimmers of all ages who are comfortable with the rigours of advanced training intensity and a significantly increased volume of work. **Note:** *These swimmers will usually have a good, current level of competition experience and will have been training in the more advanced training lanes over the last year. Swimmers may be requested to join this group by a member of the coaching staff at any time.*

**MASTERS** - Experienced swimmers who qualify by age for competition in the Masters section of British Swimming. Training will be provided to specifically suit the needs and objectives of these athletes.

**BY INVITATION** - These times have been specifically identified for occasions where the composition, numbers of swimmers and key training objectives of the lanes within the session are being carefully considered and regulated. Swimmers will be personally invited to join these sessions from across a wide range of ages and abilities within the Club by Mr Thain..

<b>DAY</b>	<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
<b>Monday</b>	5.00pm - 6.30pm	Advanced Group	Camp Hill School
	6.30pm - 8.00pm	Juniors	Camp Hill School
	8.00pm - 10.00pm	Water Polo Club	Camp Hill School
<b>Tuesday</b>	5.00pm - 6.30pm	Advanced Group	Camp Hill School
	6.30pm - 8.00pm	Juniors	Camp Hill School
<b>Wednesday</b>	6.00pm - 7.30pm	Heather & Pete's Junior Session	Camp Hill School
	7.30pm - 9.00pm	Advanced Group & Masters	Camp Hill School
<b>Thursday</b>	5.30pm - 7.00pm	Junior Team	Camp Hill School
	7.00pm - 9.00pm	Advanced Group & Masters	Camp Hill School
<b>Friday</b>	5.00pm - 6.30pm	Advanced Group	Camp Hill School
	6.30pm - 8.00pm	Juniors	Camp Hill School
<b>Saturday</b>	9.00am - 11.00am	Any	Camp Hill School
<b>Sunday</b>	6.00pm - 8.00pm	By Invitation	Birmingham University