



RICHMOND DALES ASC

SQUAD HANDBOOK 2021

*This is an active document
Last updated - 2nd September 2021*

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FEES, CONTACTS & KEY INFORMATION

	LEAD COACH	CONTACT	FEE
National (P5)	Ben Hatchett	ben@rdasc.org.uk	Under Review
Regional (P4)	Callum Hall	callum@rdasc.org.uk	
County (P3)	Keith Hall	keith@rdasc.org.uk	
Development (P2)	Zoe Cowan	zoe@rdasc.org.uk	
Skills (P1)	Suzanne Harpur	suzanne@rdasc.org.uk	
Youth Development 2 (YD2)	Zoe Cowan	zoe@rdasc.org.uk	
Youth Development 1 (YD1)			
Para Squad	Zoe Cowan Keith Hall	zoe@rdasc.org.uk	
Masters	Keith Hall Zoe Cowan	keith@rdasc.org.uk zoe@rdasc.org.uk	

- All swimmers are required to perform pre/post pool exercises, as advised by the Squad Coaches. Swimmers should be on poolside 15 minutes before and after the training session to complete these exercises.
- All swimmers and parents should, at the earliest opportunity, discuss with their Squad Coach any issues that affect attendance (e.g. academic and personal), as attendance is paramount in developing towards maximum potential
- During exam periods, swimmers are encouraged to discuss with their Squad Coach a suitable arrangement to maintain levels of fitness through this period. Swimmers are expected to maintain at least 50% of regular training frequency during an intensive exam period, for health and wellbeing.
- Punctuality is expected at every session. As mentioned, swimmers are expected to arrive 15mins before the start of the session for Pre-Pool, and be ready (capped up) in time for briefing a few minutes prior to session start.
- All members are to attend the designated competitions assigned by the Coaching Team – all entries must be discussed with their Squad Coach.
- Squad Meetings: Will be held at the discretion of their Squad Coach, some may include parents and will be held at a convenient time/place.
- Bank Holiday Training: Pool sessions may be available on Bank Holidays; Coach will discuss with swimmers which session(s) to attend.
- Finally, we are developing young people through the power of competitive swimming. Swimmers/parents/guardians must understand and develop their responsibility, accountability, application and commitment.

SQUAD STRUCTURE 2021

GENERAL INFORMATION

Since January 2020, the current squad pathway has been under review, specifically looking at the provision it offers and its appropriateness for RDASC.

The initial aim was to amend any structure we have for Sept 2020; obviously with Covid, this has been difficult to implement and we felt best that familiarity would be preferred through that period.

Now we are (hopefully) coming to the final end of covid restrictions and looking to continue training with no forced covid breaks, we are in a position to implement a structure to again move the club forward.

CHANGES

Historically, clubs operate a single linear structure (one squad on top of the other) that more often than not, elicits an assumption that swimmers will eventually pass through to the squad with the most provision, realistically this is not the case as not everyone wants to or is capable of the highest level of training and competition.

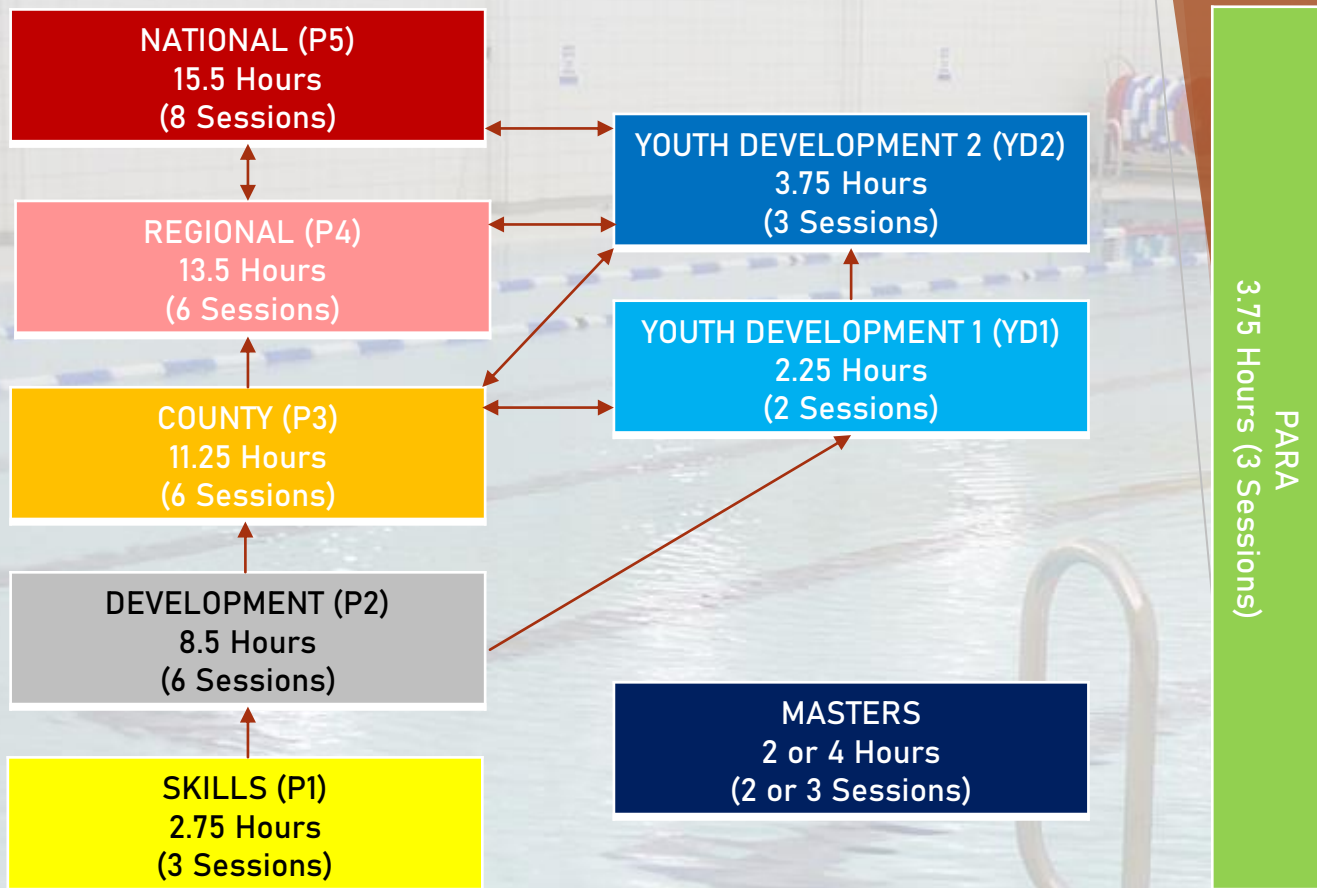
For the clarity of our members, our new squad pathways must reflect this.

The new structure will place more emphasis on the criteria within groups, with appropriate options for all swimmers with different abilities and goals. From the 2021 Club Survey we have found that some of the current squad avenues are difficult to follow and from a coaching perspective can also be inaccurate when describing swimmers within a given squad.

The main changes are as follows:

- ▶ Two pathways for swimmers – Competitive Phases & Youth Development
- ▶ Phases 1-5 will provide a progressive training structure for competitive swimming, with the names reflecting the primary aim of the squad
- ▶ Youth Development 1 & 2 will represent a flexible developmental pathway
- ▶ Increased provision for Youth Development 2
- ▶ Clearer movement structures for squads
 - ▶ Elite Performance will now be known as 'National'
 - ▶ Age Group Performance will now be known as 'Regional'
 - ▶ Junior Potential will now be known as 'County'
 - ▶ Junior Development will now be known as 'Development'
 - ▶ Skills Development will now be known as 'Skills'
 - ▶ 'Para', 'Masters' will remain as it currently is
 - ▶ 'Youth Development' is described above

SQUAD STRUCTURE & ATHLETE PATHWAY



NOTES

Sessions and number of hours displayed above are the maximum for swimmers in that squad, they are not necessarily what each swimmer will be prescribed each week. Figures also include bridging sessions. Additional sessions with the N&D Performance Programme are available, these are by invite and/or selection only from their coaching staff.

Swimmers from 'Development (P2)' upward, can / may be moved into the 'Youth Development' pathway should this be more appropriate.

Swimmers aged 18yrs+ that are unable to adhere to the criteria of 'Regional (P4)' or 'National (P5)' and 'Youth Development 1/2' will automatically be placed into 'Masters'

Swimmers in 'National (P5)' can be moved fluidly between 'Regional (P4)' and 'National (P5)' if this is appropriate

'Para' swimmers can integrate with other squads should it be deemed appropriate by the Coaching Team.

Swimmer allocation to squads, is a coaching decision and the coach's decision is final.

SQUAD AGE BANDS

AGE	IDEAL SQUAD AGE BANDS (Age at 31 st December)										
18+											MASTERS
17	NAT (P5)	REG (P4)									
16											
15											
14											
13											
12											
11											
10											
9											
8											
7											

RECOMMENDED TRAINING FREQUENCIES

Squad	Group/Age	Sessions	Make-Up
NATIONAL (P5)	Specialists	Individual prescription from Head Coach	
	15yrs+	8 Sessions	4x AM, 4x PM
	14yrs	7 Sessions	3x AM, 4x PM
	13yrs/Under	6 Sessions	2x AM, 4x PM
REGIONAL (P4)	13yrs+	6 Sessions	3x AM, 3x PM
	12yrs	5 Sessions	2x AM, 3x PM
	11yrs/Under	4 Sessions	1x AM, 3x PM
COUNTY (P3)	12yrs+	5 Sessions	1x AM, 4x PM
	11yrs/Under	4 Sessions	1x AM, 4x PM
DEVELOPMENT (P2)	10yrs+	4+ Sessions	>4x PM
	9yrs/Under	3 Sessions	3x PM

- The increases in training frequency is gradual as a swimmer develops up to and including puberty (maturation) – consistency through the developmental years is absolutely imperative
- Monthly % attendance (based on recommended sessions) will be emailed to parents/guardians at the beginning of the following month.
- The latter 'Phases' are for swimmers actively working towards competing at Regional, National level and above; therefore, high attendance and commitment is a requirement and is key to long-term success.

'THE TEAM'



Lead Coaches

Ben Hatchett
Callum Hall
Keith Hall
Zoe Cowan
Suzanne Harpur

AIMS OF THE TEAM

Competitive Aims

- Ultimately qualifying and producing medal winning performances at National level
- Regularly taking a large team of RDASC swimmers to Regional competitions
- Graduate swimmers to Universities, from the highest possible competitive level
- Peak performances at the target meets
- Provide a cohesive and enjoyable environment for student-athletes to thrive

Developmental Aims

- Promote lifelong participation in club swimming (at RDASC)
- Promote alternative self-development opportunities (e.g. coach, teach and officiating)
- Develop athlete physical qualities within appropriate squad provision
- Provide a cohesive and enjoyable environment for student-athletes to thrive

OBJECTIVES OF THE TEAM

Competitive Objectives

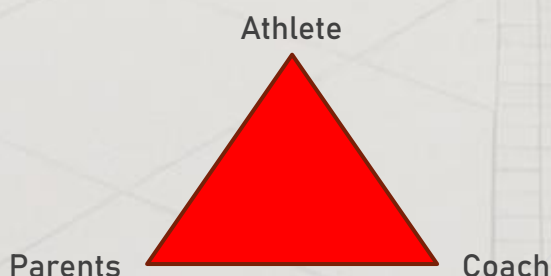
- Progressive training programme, specific to the competitive phase of the athlete
- Squad criteria that works towards success at Regional, National level and above
- Develop, educate and emphasise the importance of 'right swim, right time' peaking
- Group likeminded student-athletes whilst maintaining individualised support

Developmental Objectives

- Provide a full spectrum of squads for all prospective members, at all ages
- Provide opportunities to coach, teach, officiate and volunteer, in house
- Ensure progressive overload within training domains
- Group likeminded student-athletes whilst maintaining individualised support

COMMITMENT EXPECTATIONS OF THE TEAM

- Attend the recommended number of weekly training sessions (for your age/group)
- Adhere to the RDASC "10 THINGS YOU CONTROL" mantra
 - Attendance, Attitude, Application, Passion, Coachability, Doing Extra, Honesty, Working Hard, Positivity and Culture
- Parents/Guardians to promote the Competitive / Developmental aims over long-term
- Parents/Guardians/Swimmers to communicate with coach at the earliest opportunity



NATIONAL (P5)

Lead Coach & Contact

Ben Hatchett

CONSIDERATION CRITERIA

- Ranked in the Top 4 for Testing/Monitoring, in 'Regional'
- High attendance in 'Regional' (including attendance at AM sessions)
- Swimmers in 'YD2', must be within the outlined rankings above
- Competing in the prescribed events and competitions
- Takes responsibility and is accountable for training and competition performance
- Able to effectively balance training and school

AIMS

- Ultimately qualifying and producing medal winning performances at National level
- Regularly qualifying and finaling at NER Short & Long Course Championships
- Frequent peak performances at the target meet and exposure to Level 1 meets
- Prepare Youth/Senior athletes for University / N&D Performance Programs
- Develop towards specialism (Sprint, Middle-Distance or Distance)
- Squad Average Age – 14 to 18 Years (age as at December 31st)

OBJECTIVES

- Medley based training, developing towards specialism (Sprint, Mid-Dist or Distance)
- Supplementary training on kick, dolphin kick, maximal speed, stroke efficiency and stroke skills (starts, turns and finishes)
- Developing skills and tactics towards World Class parameters
- Provide a cohesive and hardworking training environment that has a common goal of excelling at National level and above competitions

COMMITMENT CRITERIA

- Attending the prescribed number of weekly sessions
- Train at the prescribed density and intensity for the group
- Adhering to the competition / event program
- Always demonstrate a 'performance / growth' mindset
- Act as a mentor for Age Group & Junior members of the club

EXIT CRITERIA

- Unable to adhere to Consideration Criteria of 'National' (consideration to YD2)
- Unable to adhere to Commitment Criteria of 'National' (consideration to YD2)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

SESSION FREQUENCY

	Sessions	Make-Up
Specialists	Senior athletes will be prescribed an individualised session make-up	
15 Years+	8 Sessions per week	Individually prescribed by Lead Coach
14 Years	7 Sessions per week	
13 Years/Under	6 Sessions per week	

REGIONAL (P4)

Lead Coach & Contact

Callum Hall

CONSIDERATION CRITERIA

- Ranked in the Top 6 for Testing/Monitoring, in 'County'
- High attendance in 'County' (including attendance at AM sessions)
- Swimmers in 'YD1' or 'YD2', must be within the outlined rankings above
- Competing in the prescribed events and competitions
- Takes responsibility and is accountable for training and competition performance
- Able to effectively balance training and school

AIMS

- Ultimately qualifying for Swim England National Summer Meet
- Regularly qualifying and finaling at NER Short & Long Course Championships
- Frequent peak performances at the target meet and exposure to Level 1 meets
- Prepare Age Group athletes for training in 'National' or 'YD2'
- Exposure in the full event programme
- Squad Average Age – 11 to 14 Years (age as at December 31st)

OBJECTIVES

- Medley based training
- Supplementary training on kick, dolphin kick, maximal speed, stroke efficiency and stroke skills (starts, turns and finishes)
- Developing skills and tactics towards World Class parameters
- Provide a cohesive and hardworking training environment that has a common goal of excelling at Regional level and above competitions

COMMITMENT CRITERIA

- Actively working at the 'age-based' session frequency
- Train at the prescribed density and intensity for the group
- Adhering to the competition / event program
- Always demonstrate a 'performance / growth' mindset
- Act as a mentor for Junior members of the club

EXIT CRITERIA

- Consideration Criteria for 'National' (consideration up to 'National')
- Unable to adhere to Consideration Criteria of 'Regional' or 'National' (consider to YD2)
- Unable to adhere to Commitment Criteria of 'Regional' (consider to YD2)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

SESSION FREQUENCY

	Sessions	Make-Up
13 Years+	6 Sessions per week	3x AM, 3x PM
12 Years	5 Sessions per week	2x AM, 3x PM
11 Years	4 Sessions per week	1x AM, 3x PM

COUNTY (P3)

Lead Coach & Contact

Keith Hall

CONSIDERATION CRITERIA

- Ranked in the Top 8 for Testing/Monitoring, in 'Development'
- High attendance in 'Development'
- Swimmers in YD1, must be within the outlined rankings above
- Competing in the prescribed events and competitions
- Understand the importance of consistency in training and competitions

AIMS

- Ultimately qualifying athletes for NER Short & Long Course Championships
- Regularly qualifying athletes for N&D County Championships
- Frequent exposure to Development level and Team competitions
- Prepare Junior athletes for training in 'Regional', 'YD1' or 'YD2'
- Building from 100m events up to 200m events, plus 400m IM and Distance Free
- Squad Average Age – 9 to 12 Years (age as at December 31st)

OBJECTIVES

- Medley based training
- Supplementary training on kick, dolphin kick, maximum speed and stroke skills
- Dive starts 12m+, Turns 5m+
- Provide a cohesive and hardworking training environment that has a common goal of excelling at County level and above competitions

COMMITMENT CRITERIA

- Actively working at the 'age-based' session frequency
- Train at the prescribed density and intensity for the group
- Adhering to the competition / event program
- Always demonstrate a 'performance / growth' mindset
- Be a great team member

EXIT CRITERIA

- Consideration Criteria for 'Regional' (consideration up to 'Regional')
- Unable to adhere to Consideration Criteria of 'County' or 'Regional' (consideration to YD1/2)
- Unable to adhere to Commitment Criteria of 'County' (consideration to YD1/2)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

SESSION FREQUENCY

	Sessions	Make-Up
12 Years+	5 Sessions per week	1x AM, 4x PMs
11 Years/Under	4 Sessions per week	4x PMs

DEVELOPMENT (P2)

Lead Coach & Contact

Zoe Cowan

CONSIDERATION CRITERIA

- Able to complete a legal 100m IM, utilising competitive skills
- High attendance in 'Skills'
- Willing to learn, enjoys club swimming, listens and applies instructions

AIMS

- Ultimately qualifying athletes for N&D County Championships
- Regularly exposing athletes to Development and Team competitions
- Frequent exposure to 'Race Nights'
- Prepare Junior athletes for training in 'County' or 'YD1'
- Building from 50m events up to 100m events, 200m IM and 400m Free
- Squad Average Age – 8 to 10 Years (age as at December 31st)

OBJECTIVES

- Medley based technical development and training
- Supplementary training on kick, dolphin kick, maximum speed and stroke skills
- Dive starts 10m+, Turns 4m+
- Provide a cohesive and hardworking training environment that has a common goal of enjoying competition and wanting to compete at a higher level

COMMITMENT CRITERIA

- Actively working at the 'age-based' session frequency
- Train at the prescribed density and intensity for the group
- Adhering to the competition / event program
- Always demonstrate a 'performance / growth' mindset
- Be a great team member

EXIT CRITERIA

- Consideration Criteria for 'County' (consideration up to 'County')
- Consideration Criteria for 'Youth Development 1 (YD1)' (consideration up to YD1)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

SESSION FREQUENCY

	Sessions	Make-Up
10 Years+	4+ sessions per week	>4x PM
9 Years/Under	3 sessions per week	3x PM

SKILLS (P1)

Lead Coach & Contact

Suzanne Harpur

CONSIDERATION CRITERIA

- Completed Stage 5 of the National Plan for Teaching Swimming (NPTS)
- Able to swim 25m on Freestyle, Backstroke and Breaststroke
- Willing to learn, enjoys club swimming, listens and applies instruction

AIMS

- Ultimately exposing swimmers to 'Race Nights'
- Develop the efficiency of all four strokes and their surrounding skills
- Prepare younger Junior athletes for Club Swimming
- Building from 25m events up to 50m events, 100m IM and 200m Freestyle
- Squad Average Age – 7 to 9 Years (age as at December 31st)

OBJECTIVES

- Medley based technical development
- Supplementary training on kick, dolphin kick, sculling and speed
- Dive starts 5m+, learning Tumble, Touch Turns and Relay Takeovers
- Provide a cohesive and disciplined training environment that has a common goal of enjoying Club Swimming

COMMITMENT CRITERIA

- Should be attending as many sessions as possible to enhance progression
- Train at the prescribed density and intensity for the group
- Adhering to the competition / event program
- Have a willingness to learn and improve
- Be a great team member

EXIT CRITERIA

- Consideration Criteria for 'Development' (consideration up to 'Development')
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

YOUTH DEVELOPMENT 2 (YD2)

YOUTH DEVELOPMENT 1 (YD1)

Lead Coach & Contact

Zoe Cowan

CONSIDERATION CRITERIA

- Able to train effectively over 3 or 4 strokes, across a range of modes and intensities
- Willing to learn, enjoys club swimming, listens and applies instruction

AIMS

- Develop fitness and speed in a challenging and progressive training environment
- Encourage those that wish to compete, to do so and to the highest possible level
- Retain members in Club Swimming at RDASC
- Squad Average Age –
Youth Development 2 – 13 to 17 Years (age as at December 31st)
Youth Development 1 – 11 to 15 Years (age as at December 31st)

OBJECTIVES

- Medley based, 50m and 100m orientated training
- Supplementary training on kick, pull, dolphin kick, maximal speed and stroke skills
- Improving Stroke Technique and Skills towards a County/Regional Level
- Provide a cohesive and disciplined training environment that has a common goal of enjoying club swimming

COMMITMENT CRITERIA

- Number of sessions per week is flexible, good attendance is encouraged
- Train at the prescribed density and intensity for the group
- Have a willingness to learn and improve
- Be a great team member

EXIT CRITERIA

- Consideration Criteria for 'County', 'Regional' or 'National' (consider to P3, P4 or P5)
- Swimmers aged 18yrs+ (move to Masters)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

PARA SQUAD

Lead Coach & Contact

Zoe Cowan
Keith Hall

CONSIDERATION CRITERIA

- Para Squad - Completed Stage 5 on National Plan for Teaching Swimming (NPTS)
- Start Para - Completed Stage 3 on NPTS and identified by Coaching Team
- Eligible for membership under the 'Start-Para' programme
- Willing to learn, enjoys club swimming, listens and applies instruction

AIMS

- Ultimately exposing swimmers to National Level Para-Swimming competitions
- Frequent opportunities to race in both mainstream and Para-Swimming events

OBJECTIVES

- Medley based training
- Supplementary training on kick, pull, dolphin kick (if able) and speed
- Develop Dive and Backstroke starts, Tumble, Touch Turns and Relay Takeovers
- Provide a cohesive and disciplined training environment that has a common goal of enjoying Club Swimming and racing

COMMITMENT CRITERIA

- Should be attending as often as possible to enhance learning
- Adhering to competition / event program
- Have a willingness to learn and improve
- Be a great team member

EXIT CRITERIA

- Combine training with an appropriate squad (coaches discretion)
- Breach of RDASC Code of Conduct (appropriate disciplinary action)

MASTERS

Lead Coach & Contact

Keith Hall
Zoe Cowan

CONSIDERATION CRITERIA

- Able to train effectively over at least 2 strokes, using varying modes and intensities
- Willing to learn, enjoys club swimming, listens and applies instruction
- Age: 18yrs+ (age on day)

AIMS

- Develop fitness and speed in a challenging and progressive training environment
- Encourage those that wish to compete, to do so
- Retain members in Club Swimming at RDASC
- 'Competitive' members will have access to 3 sessions per week = 4 hours
- 'Non-Competitive' members will have access to 2 sessions per week = 2 hours

OBJECTIVES

- Medley based training
- Supplementary training on kick, pull, dolphin kick, maximal speed and stroke skills
- Provide a cohesive and disciplined training environment that has a common goal of enjoying club swimming

COMMITMENT CRITERIA

- Number of sessions per week is optional
- 'Competitive' members are expected to make more of a commitment
- Train at the prescribed density and intensity for the group
- Have a willingness to learn and improve
- Be a great team member

EXIT CRITERIA

- Breach of RDASC Code of Conduct (appropriate disciplinary action)

RICHMOND DALES ASC

SQUAD EQUIPMENT LISTS

	1x 750ml Bottle (per hr)	Mesh Kit Bag	Kickboard	PullBuoy	Short Fins	Alignment Snorkel	Finger Paddles	Hand Paddles	Ankle Band	Bucket Belt	Tempo Trainer	Foam Roller (Home Use)	Training Slate	Theraband
NATIONAL (P5)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
REGIONAL (P4)	✓	✓	✓	✓	✓	✓	✓		✓	✓			✓	✓
COUNTY (P3)	✓	✓	✓	✓	✓	✓	✓		✓					
DEVELOPMENT (P2)	✓	✓	✓	✓	✓	✓	✓							
SKILLS (P1)	✓	✓	✓	✓	✓									
YOUTH DEV 2 (YD2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
YOUTH DEV 1 (YD1)	✓	✓	✓	✓	✓	✓	✓		✓					
PARA SQUAD	✓	✓	<i>Individual specific equipment @ coaches advice</i>											
MASTERS	✓	✓	✓	✓	✓	✓	✓	✓						

NOTES

Swimmers are expected to have the correct equipment for their squad at all times

We have a working partnership with NESS (nessswimwear.co.uk), where our members can access discounts on swimwear and training equipment, using code - RDALE0711

To maximise development, coaches from time-to-time may request that individuals acquire other equipment not included on the list above.



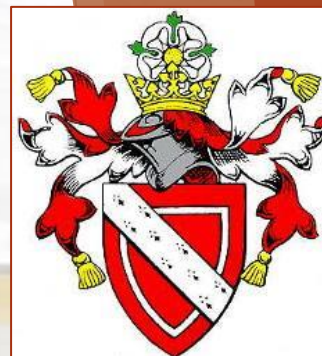
RICHMOND DALES ASC

SQUAD TRAINING TIMETABLE

		MON	TUE	WED	THU	FRI	SAT	SUN
NATIONAL (P5)	AM	5:45-7:45 [R]		5:45-7:45 [R]		5:45-7:45 [R]	6-8 [R]	
	PM	6-8 [C]	6-8 [C]		6:30-8 [R]	5-7 [R]		
	S&C	Individualised and accommodated @ ML Fitness						
	Land	5-6			5:45-6:30			
REGIONAL (P4)	AM	5:45-7:45 [R]		5:45-7:45 [R]			6-8 [R]	
	PM	6-8 [C]	6-8* [C]		6:30-8 [R]	5-7 [R]		
	Land	5-6			5:45-6:30			
COUNTY (P3)	AM					5:45-7:45 [R]		
	PM	6-8* [C]		6-8 [C]	5:15-6:30 [R]	6-8 [C]		3-5 [C]
	Land			5-6	6:30-7			
DEVELOPMENT (P2)	AM					5:45-7:45* [R]		
	PM	5:30-7 [CTP]		6-6:45 [C]	5:15-6:30 [R]	6-8 [C]		4-5 [C]
	Land			5-6	6:30-7			
SKILLS (P1)	PM				4:30-5:15 [R]	5-6 [C]		4-5* [C]
YOUTH DEV 2	AM						6:30-8 [R]	
	PM		6-7 [C]	6:45-8 [C]				
YOUTH DEV 1	PM		6-7 [C]	6:45-8 [C]				
MASTERS	AM	6:45-7:45 [R]						
	PM		6-8 or 7-8 [C]			8-9 [C]		
PARA	PM	7-8 [CTP]			4:30-5:15 [R]			2-4 [C]

*denotes bridging session with the next squad, and is by Invite Only from the Coach
 [C] = Catterick // [CTP] = Catterick Training Pool // [R] = Richmond

RICHMOND DALES ASC COMPETITION CALENDAR



DATES		MEET	VENUE	SC	LC	NATIONAL	REGIONAL	COUNTY	DEV	SKILLS	Y-DEV
Sep	18/19	RDASC 'Back to Pool'	M'Boro			All Squads					
Oct	15-17	BOSSS 'NER Qualifier'	Billingham			✓	✓	S			S
	17	Durham City Medley	Durham					✓	✓	✓	✓
Nov	6/7	NER Short Course	Sheffield			All Qualifiers					
	13/14	Wear Valley Nov Meet	B'Auckland			Non-NER Qualifiers					
Dec	11/12	Middlesbrough Xmas Meet	M'Boro			Non-ScoNat Qualifiers					
		Scottish Nationals	Edinburgh			All Qualifiers					
Jan		Club Championships	TBC			All Squads					
	29/30	Burns Meet	Sheffield			✓	✓				
Feb	5/6	Durham City Valentines	Durham			Non-N&D Qualifiers					
	11-13 26/27	N&D County Champs	Sunderland			All Qualifiers					
Mar	12/13	*Nat Qual Meet*				✓	S				
	19/20	RDASC 'April Fools' (TBC)	Leeds			All Squads					
Apr	1-3	CO Sunderland Nat Qual	Sunderland			✓	✓	S			
		British Championships				All Qualifiers					
	23/24	NER Age Group (Wk1)	Leeds			All Qualifiers					
	30/1	NER Youth & Senior	TBC			All Qualifiers					
May	7/8	NER Age Group (Wk2)	Leeds			All Qualifiers					
	14/15	Wear Valley May Meet	B'Auckland			Non-NER Qualifiers					
Jun		*National Prep Meet*				✓	S				
Jul	2	RDASC 'Summer Madness'	Leeds			All Squads					
		British Summer Nationals				All Qualifiers					
Aug		English Summer Nationals				All Qualifiers					

In Regional (P4) and National (P5) squads, the aims and expectations of some competitions may differ. For example, during a normal training cycle, a competition can often be categorised into one of the following – Training Meet, Qualifying Meet or Target Meet. The coach will communicate the aims, prior to the meet.

Competitions for 'Para' and 'Masters' will be communicated separate to this calendar.