

## JC Squad Structure

The Junior competitive squads at Cults Otters follow guidelines for syllabus and training from COAST.

### **Otters Cubs**

This is the link squad between the Learn to Swim section of the club and the competitive section.

Swimmers are invited to join Otters cubs by their swimming teacher or by the Otters cubs coaches after review of performances in the Learn to Swim galas which take place in September and February each year.

Some swimmers come along for a trial at the end of each term from Aberdeen City Council's Learn to Swim Aqua 5 sessions.

Swimmers continue to attend their lessons with either Aqua 4 or Aqua 5 in the Learn to Swim section of the club and have an extra session once a week with competitive coaches where the emphasis is upon preparation for competitive swimming, learning lance discipline, training sets and competitive rules.

Otters cubs swim in the Learn to Swim galas and swimmers aged 8 or over are invited to swim in the club championship in December.

Otters cubs coaches are Hilary Gaunt who teaches in Learn to swim and also takes the JC2 competitive squad, and Celia MacDonald who was formerly coach for the JC3 squad at Otters. Contact [jc@cultsotters.org.uk](mailto:jc@cultsotters.org.uk)

### **JC1 – Junior coaching 1**

JC1 is the first competitive squad level. Swimmers continue to develop their competitive skills and new training sets are introduced to develop all four swimming strokes and diving practice at Tullos is taught. Swimmers are introduced to one early morning of training. Swimmers compete in local novice and graded galas, beta leagues and the club championship.

JC1 coach is Michelle Gaunt who also teaches in the LTS section, and is a former competitive swimmer. Contact [jc@cultsotters.org.uk](mailto:jc@cultsotters.org.uk)

### **JC2 – Junior coaching 2**

Swimmers move into JC2 when they have mastered the basic techniques and need to develop stamina and training ability as well as their technique. Swimmers start to take a more active role in beta leagues and may attend galas outwith the local area (the Inverness graded gala in May is a good development gala at this level) and the club championship. Early morning swimming in the 25m pool at RGU is introduced.

JC2 coach is Hilary Gaunt who is our most experienced LTS teacher and coach. Contact [jc@cultsotters.org.uk](mailto:jc@cultsotters.org.uk)

### **JC3 – Junior coaching 3**

Swimmers move into JC3 when they are ready to develop into competitive swimmers. Training focuses upon continued competitive technique development and the mastering of more advanced training techniques. Swimmers are introduced to two early morning sessions in the 25m pool at RGU which assists in preparation for a move to COAST. Land training at Cults Academy is introduced which focuses upon teamwork and starts to develop the core strength swimmers will need to progress to COAST. Swimmers start to attend open age group meets and their main focus are the North District events; the annual junior and senior development meets and the Age groups and age group championships.

JC3 coach is Gregor McMillan who also teaches in LTS and is a former competitive swimmer. Contact [jc@cultsotters.org.uk](mailto:jc@cultsotters.org.uk)

### **JC4 – Junior coaching 4**

Swimmers are put forward for promotion to JC4 by the JC3 coach and selection is undertaken by the COAST coaches panel. JC4 brings together swimmers of a similar standard from the six clubs which make up COAST for a single session once a week. Training alongside each other enables comparison of swimmers for consideration for entry to COAST but more importantly the opportunity to make friends and develop team spirit with swimmers from different clubs. Swimmers can represent COAST at certain meets and are introduced to COAST and the COAST coaches.

The JC4 coach is Gregor McMillan. Contact [jc@cultsotters.org.uk](mailto:jc@cultsotters.org.uk)

### **COAST squad structure**

#### **Junior Potential Squad**

JP squad is the first entry squad for COAST. Swimmers move full time to train with a coach employed by Aberdeen City Council. Swimmers are introduced to three early morning sessions a week, land training and pool training sessions are longer in duration. Swimmers start to develop as competitive swimmers and are expected to compete at a district level and to aim for entry times to National events.

The JP coach is Martin Leel.

#### **Youth Potential Squad**

YP is the second squad for COAST swimmers. The duration and intensity of training is increased and two sessions of land training are included. Swimmers compete at a District and National level, and may reach GB level competitions.

The YP coach is Liz Kemp.

**Potential Squad**

Potential is the third COAST competitive squad. Swimmers continue to develop and to compete at District and National / GB level.

The Potential Squad coach position is currently vacant.

**Performance Squad**

The Performance squad is the top squad at COAST. Swimmers swim at a National and International level, representing Scotland and GB.

The Performance squad and Head coach is Stewart Haslam.

**Eileen Adams**, formerly Head coach of COAST is on secondment to Scottish Swimming working with swimmers who are potential candidates for selection to the GB squad for the Beijing Olympics. This includes Cults Otters and COAST swimmer Robbie Renwick.