

NATIONAL SQUAD UPDATE #2

Dennis Pursley

Updated information regarding 2009 National Squad activities and events is summarised below. This update contains the basic information that you will need for planning. More detailed information for each event will follow. **Please carefully read the following information as it includes participation requirements for funding.**

National Squad Qualifying Criteria

All swimmers who achieve any one of the following performance criteria are eligible for consideration for selection to the national squad programme by the British Swimming Head Coach (BSHC). Selection will be contingent upon an uncompromised and comprehensive commitment to training preparation for peak performance in the annual British Swimming benchmark competition (or trials) and upon participation in the required national team activities:

1. All Podium swimmers in the World Class Programme.
2. Top six ranked British swimmers in the 100 and 200 lcm freestyles from the combined results of meets designated by the BSHC.
3. Top two ranked British swimmers in the 100 lcm fly, back and breast from the combined results of meets designated by the BSHC.
4. All other swimmers who achieve a time within 2.68% of the 2008 Olympic bronze medal performance in an individual event at meets designated by the BSHC.

The UK based home coaches of these swimmers will be designated as National Squad coaches. Foreign based home coaches may be invited to participate in specified National Squad activities as guest coaches. Qualifying times for criterion # 4 are attached and further information on selection for the National Squad will follow.

Unless excused by the British Swimming Head Coach, all National Squad swimmers are expected to participate in the 8-9 May prep meet, 10-16 May off shore training camp and the 23-25 October National Squad camp. National Squad coaches are strongly encouraged to participate in these events as well. British Swimming will cover all expenses related to the 10-16 May and 23-25 October camps for National Squad coaches and swimmers. Expenses will also be covered for those swimmers who are invited to participate in the National Squad relay camps.

National Squad swimmers participating in the Mare Nostrum competitions will be reimbursed for expenses up to a designated amount. Additionally, a limited amount of funding for other competitions may be available to National Squad swimmers who are not on the World Class Programme and are not training with Podium clubs, Development clubs or ITCs. This additional funding must be requested through and approved by the BSHC. More details will follow.

British Championships/World Trials and National Squad Coaches Briefing

Detailed information regarding the British Championships/World Trials is posted on the British Swimming web site. A briefing for all coaches of National Squad and World Class Programme swimmers (podium and development) will commence one hour after the conclusion of the preliminaries on the last day of the trials (20 March).

May Prep Meet and National Squad Offshore Camp

The 8-9 May prep meet in Bath has been changed from a prelim/final format to a heat declared winner format consisting of a Friday evening and a Saturday morning session. The National Squad will assemble immediately after the Saturday morning session. British Swimming will provide lunch and transportation to London where the team will stay overnight and depart for Cyprus on the following morning (Sunday, 10 May). The team will return to the UK on Saturday, 16 May. This will be an annual high priority camp that will include challenging workout competition, team building and presentations regarding preparation strategies for national team success. **Unless excused by the BSHC, attendance at both the prep meet and camp is required of all National Squad swimmers.** National Squad coaches are also encouraged to attend the camp. More details will be forthcoming.

British Open

The status of the British Open which has been scheduled for 29-31 May is still tentative at this time. We will keep you informed of any updated information.

Mare Nostrum Series

British Swimmers who wish to participate in the Mare Nostrum series are responsible for their own entries and logistical arrangements. They are authorized to represent their clubs (**not** British Swimming) in these competitions. Expense reimbursement up to a designated amount will be available to all National Squad and World Class Programme swimmers and coaches (Podium and Development) who apply for it prior to the application deadline. Here again, more information will be forthcoming.

Scottish Nationals/World Championship Trials and World Championship Coaches Briefing

As you know, the 25-28 June Scottish Nationals will provide the second and final opportunity to qualify for the World Championship team. **Please remember that a required meeting will be conducted for the coaches of all the world championship swimmers** on the morning following the trials (29 June).

World University Games

A team of up to 15 swimmers will be selected from the Scottish Nationals. Any swimmers who qualify for the World Championship team will not be eligible for consideration. The Games are scheduled to be conducted in Belgrade 1-12 July. More information will be forthcoming from BUSA.

World Championship Holding Camp and Competition

The World Championship Team will assemble for a holding camp in Sardinia on 14 July and will transfer to Rome on 22 July. The World Championship competition will be conducted 26 July – 2 August. **The Long Course World Championships is the top priority benchmark event for 2009.**

British Short Course Grand Prix

Is scheduled 6-9 August and will provide an opportunity to post tapered and shaved short course times. The Canadian National Team has notified us of their intention to participate. This will **not** be a selection meet for British swimmers.

British Swimming Relay Camp

The first of four off shore relay camps in this quadrennial is scheduled for 1-4 October 2009. The top six ranked British 100 and 200 freestylers and top two ranked British 100 flyers, backstrokers and breaststrokers will be invited to attend these camps. Expenses will be paid by British Swimming.

National Squad Leadership Camp and Coaches Briefing

Has been scheduled for 23-25 October. Together with the May camp, this will be an annual event that will be used as a platform to discuss the quadrennial plan and the national squad goals and objectives along with strategies to achieve them. **Unless excused by the BSHC, all national squad swimmers will be required to attend.** National Squad coaches will be strongly encouraged to participate as well. British Swimming will cover the expenses for all of the participants.

2009 World Cup Competitions and European Short Course Championships

These teams will be selected from performances at the Scottish Nationals, World University Games and Long Course World Championships. The European Short Course World Championships is scheduled for 10-13 December, 2009. The selection policy will be published in due course.

2010 – 2012 Update

A series of off shore British Swimming Relay Camps and Great Britain vs Germany dual meets have been added to the quadrennial plan on the following dates:

Relay Camps: 14-17 January 2010, 14-17 April 2011, 29 Sept - 2 Oct 2011

GB vs GER dual meets: 20 & 21 Feb 2010, 12 & 13 Feb 2011, 11 & 12 Feb 2012

A complete updated version of the quadrennial plan will follow soon.

The impressive performances that many of you have posted already this season suggest that we can look forward to an exciting Trials in March. I hope this letter finds all of you in good health and training at new levels. Remember, the stronger the training base early in the quad, the better the performance results at the end.

Dennis Pursley

British Swimming Head Coach