

City of Aberdeen Swim Team
2011-2012 Events Diary

Week Ending		Attending
August		
	Welsh Summer Nationals (30 th -4 th)	Age group
06 th /07 th	Holiday	All
13 th /14 th		
20 th /21 st	Holiday (back to training 15 th)	All
25 th	Coaches Technical Forum	GM/club coaches
27 th /28 th	UK School Games (29 th -30 th)	Selected
September		
3 rd /4 th	Cults Otters Bibby, Cults Academy (4th)	JAG
10 th /11 th		
17 th /18 th		
24 th /25 th	DRP Day 1 (24 th & 25 th)	Selected
29 th	Coaches Technical Forum	GM/club coaches
October		
1 st /2 nd	ND Sprints, Inverness (1st)	JAG, AGP, INT 1, Seniors
8 th /9 th	October Development Camp (8 th -12 th)	Club swimmers
15 th /16 th	Inter-counties, Sheffield (16th)	Selected
22 nd /23 rd	DRP Day 2 (22 nd & 23 rd) (Lanzarote Camp 13 th -20 th JAG, AGP)	Selected
27 th	Coaches Technical Forum	GM/club coaches
29 th /30 th	DCA Meet, Dundee (29th-30th)	JAG, AGP, Int 1
November		
5 th /6 th		
12 th /13 th	Mitchell Trophy, Inverness (12th-13th)	All Qualifiers
19 th /20 th		
24 th	Coaches Technical Forum	GM/club coaches
26 th /27 th		
December		
3 rd /4 th	ND Age Groups, Inverness (3rd-4th)	JAG, AGP
	Snow Frills, Sheffield, (3rd-4th)	Senior
10 th /11 th	DRP (10 th & 11 th)	Selected
17 th /18 th	Scottish Short Course, TBC (15th-18th)	Qualifiers
24 th /25 th	Christmas	
29 th	Coaches Technical Forum	GM/Club Coaches
31 st /1 st	Senior/Int 1 Cyprus Training Camp (28 th -7 th)	Senior, Int 1
January		
7 th /8 th	Senior/Int 1 Cyprus Training Camp (28 th -7 th)	Senior, Int 1
14 th /15 th	SAS Junior Meet, Westhill (14 th -15 th)	JAG, AGP
	West Districts Grand Prix (14 th -15 th)	INT 1, AGP, Senior
26 th	Coaches Technical Forum 26 th	GM/club coaches
28 th /29 th	Scottish Schools, TBC (28 th)	Qualifiers

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February

4 th /5 th		
11 th /12 th		
18 th /19 th		
23 rd	Coaches Technical Forum	GM/club coaches
25 th /26 th		

March

3 rd /4 th	ND Age Group Championships, Inverness (3 rd -4 th)	Qualifiers
10 th /11 th	Olympic Trials, London (3rd-10th)	Qualifiers
17 th /18 th		
24 th /25 th		
31 st /1 st		

April

7 th /8 th	Scottish National Age Groups, Sunderland (5th-8th)	Qualifiers
14 th /15 th	Youth Development Weekend (14 th -15 th)	Selected
	Easter Development Camp (11 th -15 th)	Club Swimmers
21 st /22 nd	Stroke Camps (21 st & 22 nd)	Selected
26 th	Coaches Technical Forum	GM/club coaches
28 th /29 th	Stroke Camps (28 th & 29 th)	Selected

May

5 th /6 th	Westhill Invitational, TBC	All
12 th /13 th		
19 th /20 th		
26 th /27 th	Coaches Technical Forum (31 st)	GM/club coaches

June

2 nd /3 rd	East Districts- TBC , ND Open- TBC	Senior
9 th /10 th		
16 th /17 th		
23 rd /24 th		
28 th	Final Coaches Technical Forum	GM/club coaches
30 th /1 st	Scottish Open, TBC (28th-1st)	Qualifiers

July

7 th /8 th		
14 th /15 th	Summer Development Camp (9 th -15 th)	club swimmers
21 st /22 nd	ASA Youth, Sheffield (17 th -21 st)	Senior Qualifiers
	Welsh Summer Nationals (21st-26th)	
28 th /29 th	ASA Age Groups, Sheffield (22 nd -26 th)	Age Group Qualifiers
	Olympic Games- Swimming (28th- 4th)	

August

4 th /5 th	Holiday	All
11 th /12 th		
18 th /19 th	Schools go back (21 st)	

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Notes from the coaches

The current events diary highlights competitive events, regional and national squads dates, and international swimming dates of interest. The diary is designed to give swimmers and parents throughout COASTs performance structure a clearer knowledge of the competitions and other important dates for the upcoming season. It will be updated regularly throughout the season and so do check for additions and amendments.

As part of the COAST performance programme each of the groups within the scheme will follow their own training and development plan throughout the year.

Each plan is based on developmental levels and as such there may be occasions when athletes of the same age compete at different events based on the both the training group within which they participate and the stage of seasonal training they are involved. This is part of the specificity of the programme and allows us to develop each individual appropriately within their training peer group environment.

In addition to this there may be times when individuals from the various groups compete at the same event based solely on their age classification. These competitive opportunities give us the ability to develop a larger team dynamic and help develop our athletes within their chronological age based peer group.

There will also be meets where athletes compete based solely on their competitive standings against athletes of any age. These competitive opportunities allow our athletes to match themselves against the pinnacle of our countries talent and develop the individual skills to succeed at the very top.

Our belief is that planned competitive experience is key to the development of our athletes and as such we work to balance the competitive experience with the training development to assist our athletes to prosper and mature with a calmed and focused approach to race day.

We are committed to supporting our local clubs and district events and this season continue to support these with our attendance where appropriately possible. Our main focus is obviously on the development of our athletes and as such we have put together a calendar that allows targeted levels of competitive activity at specific times of the season.

Gordon Glasgow
Performance Swimming Coach
City of Aberdeen Swim Team