

ASA's Regional Talent Programme for 2009-2010

The English Programmes in conjunction with the Region will be responsible for the joint delivery of the regions (Level 1) Age, (Level 2) Youth & Open Water Development Camps for the 2009-10 swimming season. The camps are for age group and youth swimmers and will primarily be selected from the 2009 National Age Group/Youth Championships in July/August 2009. If places are still available then times will be considered from the 2009 district championships.

Age Group (Level 1) Programme

Age Group (Level 1) Camps will be for athletes aged 12/13 years (age as of Nationals '09) and will be run as 3 x one-day camps. These dates and venues will be determined on a regional basis.

The emphasis of each camp will be on skill development coming from an aerobic base. The day will consist of two pool sessions, one land and one education workshop on nutrition. Athletes will receive a full physiotherapy screen and a personal injury prevention workout sheet. There is also an education track for parents. Athlete's & their coaches on the programme will be able to gain access to filming and race analysis from the 'Duel in the Pool', GB Championship Trials and the National Age/Youth Championships.

Selection:

A maximum of 24 swimmers will be invited onto the camps. Athletes will be identified by a member of the England Talent Development team who will then consult with the regional coaches' forum before selections are finalised. The first 3 BAGCAT finishers from the region in each age group for males and females at the National Age Group Championships will gain automatic selection provided they have competed in a minimum of 3 categories at nationals. The remaining 12 places will be awarded on 'one off' performances and/or England Talent team identifications.

Youth (Level 2) Programme

Youth (Level 2) Camps will be focussing on athletes aged 14/15 years (age as of Nationals '09) and will run as 2 x 2 day camps and one 'Duel in the Pool' against another region. These dates and venues will be determined on a regional basis.

The emphasis of each camp will again be on skill development but the intensity will vary depending on the time of season to fit in with the athlete's home programme. Each camp will consist of 4 pool sessions, 2 land training sessions and one educational workshop on nutrition. Athletes will receive a full physiotherapy screen and a personal injury prevention workout sheet. Athlete's & their coaches on the programme will be able to gain access to filming and race analysis from the 'Duel in the Pool', GB Championship Trials and the National Age/Youth Championships. Underwater filming will also be provided for athletes and home coaches following the talent camps.

Selection:

A maximum of 20 swimmers will be invited onto this programme. Athletes will be identified by a member of the England Talent Development team who will then consult with the regional coaches' forum before selections are finalised. All places will be awarded on 'one off' performances at the National Age Group or Youth Championships and/or England Talent team identifications.

Open Water Programme

The open water programme will focus on athletes aged 14 to 17 years (age as of at nationals 09) and will run as 3 x 1 day camps with the 3rd day being an open water race. These dates and venues will be determined on a regional basis.

The emphasis of each camp will be to give swimmers an insight into open water swimming, including race tactics, eating strategies etc. Each camp will consist of 2 pool sessions, 1 land training session and an open water educational workshop. Athletes will receive a full physiotherapy screen and a personal injury prevention workout sheet. Underwater filming will also be provided for athletes and home coaches following the talent camps.

A maximum of 12 swimmers will be invited onto this programme. All places will be awarded on 'one off' performances at the National Age Group or Youth Championships on either the 800m or 1500m freestyle events (Olympic events will take priority)

Dave Legge

English Programmes Talent Delivery Coordinator

Region - Age	Date	Venue	Region - Youth	Date	Venue
East	Sun. 4th Oct. 09	Duel in the Pool = East Mids tbc	East	Sun. 4th Oct. 09	Duel in the Pool + East Mids tbc
	29th November	UEA - Norwich		28th & 29th Nov.	UEA - Norwich
	3rd Jan. 09	UEA - Norwich		2nd & 3rd Jan.	UEA - Norwich
East Midlands	Sun. 4th Oct. 09	Duel in the Pool + East Region tbc	East Midlands	Sun. 4 th Oct. 09	Duel in the Pool + East Region tbc
	29th November	Corby East Mids Int'l Pool		28th & 29th Nov.	Corby East Mids Int'l Pool
	Sat. 2nd Jan 10	Corby East Mids Int'l Pool		2nd & 3rd Jan.	Corby East Mids Int'l Pool
London	3rd Oct. 09	Duel in the Pool Barnet Cophall Pools	London	3rd Oct. 09	Duel in the Pool Barnet Cophall Pools
	28th Nov. 09	Crystal Palace tbc		28th & 29th Nov. 09	Crystal Palace tbc
	Sat. 9th Jan 10	Crystal Palace tbc		9th & 10th Jan. 10	Crystal Palace tbc
North East	Sun. 4th Oct. 09	Duel in the Pool + NW Macclesfield Swimming Pool	North East	Sun. 4th Oct. 09	Duel in the Pool + NW Macclesfield Swimming Pool
	Sun. 22nd Nov. 09	Sunderland		21st & 22nd Nov 09	Sunderland
	Sun. 3rd Jan 10	Leeds		2nd & 3rd Jan 10	Leeds
North West	Sun. 4th Oct	Duel in the Pool + NE Macclesfield Swimming Pool	North West	Sun. 4th Oct 09	Duel in the Pool + NE Macclesfield Swimming Pool
	28th Nov. 09	Manchester		28th & 29th Nov. 09	Manchester
	2nd Jan. 10	Manchester		2nd & 3rd Jan 10	Manchester
South East	3rd & 4th Oct. 09	Duel in the Pool + Lon. Barnet Cophall Pools tbc	South East	3rd & 4th Oct.09	Duel in the Pool + Lond. Barnet Cophall Pools
	28th Nov. 09	Portsmouth tbc		28th & 29th Nov. 09	Portsmouth tbc
	2nd Jan. 10	Portsmouth tbc		2nd & 3rd Jan. 10	Portsmouth tbc
South West	Sun. 4th Oct. 09	Duel in the Pool Gloucester	South West	Sun. 4th Oct. 09	Duel in the Pool Gloucester
	22nd Nov. 09	Bath		21st & 22nd Nov. 09	Bath
	3rd Jan 10	Bath		2nd & 3rd Jan. 10	Bath
West Midlands	Sun. 4th Oct. 09	Duel in the Pool Gloucester	West Midlands	Sun. 4th Oct. 09	Duel in the Pool Gloucester
	Sat 21st Nov. 09	Coventry		21st & 22nd Nov	Warwick School
	Sun. 3rd Jan 10	Coventry		2nd & 3rd Jan 10	Coventry

Region - Open Water	Date	Venue
East	Sun. 28th Nov. 09	UEA - Norwich
	Sat. 2nd Jan. 10	UEA - Norwich
	Sun. 11th July 10	Bosworth Water Park
East & West Mids	Sun. 28th Nov. 09	Corby East Mids Int'l Pool
	Sun. 3rd Jan. 10	Corby East Mids Int'l Pool
	Sun. 11th July 10	Bosworth Water Park
London	Sun. 28th Nov. 09	Crystal Palace tbc
	Sun. 10th Jan. 10	Crystal Palace tbc
	Sun. 11th July 10	Bosworth Water Park
North East	Sat. 21st Nov. 09	Sunderland
	Sat. 2nd Jan 10	Leeds
	Sun. 11th July 10	Bosworth Water Park
North West	Sun. 28th Nov.09	Manchester
	Sun.3rd Jan. 10	Manchester
	Sun. 11th July 10	Bosworth Water Park
South East	Sun. 28th Nov. 09	Portsmouth
	Sun. 3rd Jan 10	Portsmouth
	Sun. 11th July 10	Bosworth Water Park
South West	Sat. 21st Nov. 10	Bath
	Sat. 2nd Jan. 10	Bath
	Sun. 11th July 10	Bosworth Water Park

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5th – 7th Feb. 10 Sunderland
6th – 12th April 10 Offshore - tbc