

Guildford City Swimming Club Masters Squad Specification

1st September 2020 to 31st August 2021

Guildford City Masters is a friendly and sociable group catering to adult swimmers with a very wide range of ability and aspiration and includes those who train to:

- Compete internationally
- Compete on a local level only
- Tri-athletes
- Open water swimmers
- Keep fit & have fun

Training for each individual is well structured with an annual plan in place. Particular focus is placed upon perfecting strokes and water skills as well as building endurance.

Coaching Staff

Ivo & Sergey Mandradzhiyski are the dedicated lead Coaches ably assisted by a number of experienced and caring ASA qualified coaches who ensure that all athletes enjoy a positive swimming experience.

Training Venues

The Masters train at the Surrey Sports Park/ University of Surrey facility and the Guildford Spectrum

Core Training Sessions

There are 6 Core Training Sessions totalling 10 hours of quality swim training per week

Day	Start	End	Length	Long / Short Course	Venue
Monday	06:00	07:00	1 hour	Short	Guildford Spectrum
Monday	06:00	08:00	1 hour	Short	Guildford Spectrum
Wednesday	06:00	08:00	2 hours	Short	Surrey Sports Park
Wednesday	19:30	20:30	1 hour	Short	Guildford Spectrum
Friday	06:00	08:00	2 hours	Long	Surrey Sports Park
Friday	20:30	21:30	1 hour	Short	Guildford Spectrum
Sunday	07:00	09:00	2 hours	Short	Surrey Sports Park



In order to offer flexibility Masters may join the following groups by booking one or all of the sessions above.

Group 10	All core training sessions
Group 8	Up to 8 hours per week
Group 6	Up to 6 hours per week
Group 4	Up to 4 hours per week
Group 3	Up to 3 hours per week
Group 2	Up to 2 hours per week
Group 1	Up to 1 hour per week

Competition Plan

Competition Detail
World Masters Championships
European Masters Championships
GB Masters Championships
Regional Championships
County Championship
Local Open Meets

Entering competitions is not compulsory and there are many members who just train for the fitness, the fun and the social benefit.





★ **Motto**

'Shaping the Future of Swimming in the South East'

★ **Mission Statement**

Every day we strive to provide an environment where personal excellence, honesty and commitment are expected. Through the pursuit of our dreams and goals we learn valuable life skills and develop the drive to achieve our potential in swimming and life. We are committed to fostering a healthy environment (mentally and physically) where swimmers are not afraid to fall down, fall short or fail in the lofty pursuit of their dreams; this is where character is developed.

★ **Vision Statement**

To continue to build a tradition of swimming excellence and develop our national reputation for producing passionate, inspired and high producing swimmers and coaches. Our aim is to ensure that every athlete has the opportunity to reach their potential within the sport (regardless of standard) and to provide a culture that encourages learning and personal development within a safe friendly environment. Good sportsmanship will always be encouraged with the expectation that our members strive to be humble in victory and gracious in defeat. To maintain the highest possible standards we believe that team unity, character development and personal responsibility are paramount to providing a successful culture for all.





Values





Key Values

★ Teamwork

Support each other

We aim to support everyone involved with Guildford City Swimming Club or the University of Surrey. This includes **supporting team mates** at competitions and training partners during training sessions.

★ Performance

Commitment

This involves making a commitment to the club and includes commitment to **attendance, work ethic** and **punctuality** at training, competition and any other activities associated with the club.

Adaptability

Everyone needs to be adaptable to training and competition but we expect all members to show **willingness** and **tenacity** to changing under challenging circumstances. Furthermore, we all need to show **resilience** within our lives and the ability to bounce back from adversity is an important quality.

★ Character

Responsibility

Our expectation is that every member takes responsibility for their actions to include training, competition and any other activities and lifestyle management.

Respect

Our expectation is that everyone shows respect for other **members**, the **facility** and for us as **individuals**.

Ownership

Our expectation is that we all take ownership for the **process** of **training**, take **accountability** for our actions and ownership for **self-reflection** of our actions.

