

## TEAM MERCIA SWIMMING CLUB

Member clubs of Coventry and District ASC have been working hard behind the scenes to develop an exciting new opportunity for swimmers in the Coventry, Solihull and Warwickshire Sports Partnership area. Currently eight clubs are affiliated to the Association; Blythe Barracudas, City of Coventry SC, Kingsbury Aquarius, Leamington SC, Nuneaton & Bedworth SC, Rugby SC, Solihull SC and Stratford Sharks. Application documents have recently been submitted to form a new ninth club, "**Team Mercia**".

**Team Mercia** will form an umbrella club for any clubs within the Coventry and District area who wish to participate. Currently those clubs who have expressed a desire to take part are Blythe Barracudas, Kingsbury Aquarius, Leamington SC, Nuneaton & Bedworth SC, Rugby SC, Solihull SC and Stratford Sharks. The constitution of Team Mercia states that *"the object of this new club is to promote and develop competitive swimmers within the Coventry, Solihull and Warwickshire Sports Partnership area. This will be achieved by providing clubs affiliated to Coventry and District Association of Swimming Clubs (C&DASC) opportunities for its swimmers to swim, train and compete together."*

Participating clubs will come together to compete as **Team Mercia** at Midlands, Nationals and selected open meets in individual as well as relay events, giving swimmers greater potential for district and national qualification.

Team Mercia will also provide a platform for clubs to work together within a dedicated training programme. Training sessions will take place throughout the season and will be split into 5 phases. The first two phases will comprise four weeks of one hour long course training. Phases 3, 4 and 5 will be two hours long.

The first phase of training is planned to commence in October this year and will be for **9, 10 and 11 year-old swimmers** as selected by participating clubs (all ages are as at Midland Championships 2012), currently each club will have 15 places to offer. Phase 1 training will include young swimmers of **all abilities** and is intended to give all swimmers the opportunity to benefit from long course training.

Phase 2 training will commence in Mid November and will be for **Age Group and Youth swimmers** (i.e. 10 years plus at Midlands 2012). Clubs will have up to 30 places to allocate on this phase (2x 1 hour sessions). There will be a minimum qualification standard for this phase and details of this standard will follow shortly.

Phases 3, 4 & 5 will take place from February 2012 with increasing levels of qualification.

**Terry Freeman** was elected to be the first Lead Coach of **Team Mercia**; the Lead Coach will change annually, rotating to include Head Coaches from all member clubs.

We envisage that all swimmers and all clubs in the area will benefit from the opportunities offered by this exciting new development and will be releasing more information regularly so watch this space!