



STOCKPORT METRO CLUB
Where Champions Grow

HANDBOOK AND CRITERIA VERSION 1



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Welcome

Welcome to Stockport Metro, the **performance, competitive, and artistic swimming** part **of Life Leisure Aquatics**.

To ensure you get the most out of your membership, it is important to understand how our club operates. Here are a few things you should know:

- The programme is operated by Life Leisure who run leisure facilities and provide wellness in the Stockport Borough.
- We are also a Swim England affiliated club with Swim Mark accreditation.
- Our coaches are experienced and qualified. They are passionate about swimming and are committed to helping our swimmers reach their full potential through high-quality, professional and nurturing coaching.
- Our coaches and staff are committed to creating a positive environment with strong values where all swimmers feel welcome and supported.
- We offer a variety of programmes to meet the needs of all swimmers. Whether you are just starting out in your competitive journey, a performance-based swimmer or interested in artistic swimming (synchro), we have a programme that is right for you.
- We want swimmers to develop **amazing technique and skills, work hard, become great people and teammates, make lifelong friendships, and most importantly, enjoy their time in an enjoyable, positive and safe environment.**

We are excited to have you as part of the Stockport Metro 'Wolfpack' family and look forward to helping you reach your swimming goals.

This information handbook will give you everything you need to know to get most out of your membership:

History

Stockport Metropolitan Swimming Club was set up in 1974 by Stockport Sports Council through the efforts of the late Harry Kent and Brian Rendell who appointed Harry Sullivan as Head Coach. All the swimming clubs in the borough were invited to send swimmers for trials at St. Petersgate pool in the centre of Stockport.

The aim was to provide an opportunity for swimmers in the area to access a swimming performance pathway. The selected swimmers started training in September 1974. Our intention still remains the same. We aim to provide an opportunity where swimmers from clubs in the area can continue to progress beyond a regional level and access a world class facility and environment.

Stockport Metro has enjoyed a long history of podium success across all age groups at County, Regional, National and International levels, breaking countless British and Commonwealth records. Since moving to Grand Central Pools fourteen athletes have qualified for the Olympic Games, and the club has produced four Olympic medallists, making it the most successful in British history.

Steve Parry and Graeme Smith both won bronze medals in Athens and Atlanta respectively. Adrian Turner was a semi-finalist in Atlanta. James Goddard, a Commonwealth gold medallist, narrowly missed out on a medal in Athens.

Five Metro swimmers competed in Beijing: Keri-Anne Payne who took the silver in the inaugural 10K Marathon Open Water event, Cassie Patten took the bronze in the same event, Michael Rock, James Goddard and David Carry.

A further Five Metro swimmers competed in the London 2012 games, Keri-Anne Payne, Michael Rock, David Carry, James Goddard and Sophie Allen.

The club has also had numerous Junior International swimmers and National Champions and won Swim England National club of the year award in 2012.

Stockport Metro has also had a rich history of successful coaches including Sean Kelly who has been on multiple Olympic teams and is currently the Head coach of Spain, Richard Blackshaw, Mandy Bell and the programme is now headed by Rick Hall.

Our Vision and Mission

Stockport Metro Vision

Our goal is to give competitive and artistic swimmers the opportunity to progress from **beginners to an international level**, through a **clear talent pathway** with **high quality coaching** and **provision** in an **enjoyable, positive and safe environment**. We are **'Where Champions Grow'**.

Stockport Metro Mission

We are a **performance and artistic** swimming programme that provides **high-quality technical coaching, provision and fun experiences**. We believe that a **positive team culture** and **strong 'Wolfpack' values** are essential for success, and we are committed to developing swimmers in an **enjoyable, positive and safe environment**.

The Wolfpack Values

The term **wolfpack** was brought into the team by former Head Coach Sean Kelly and epitomises what we want our team to be – hardworking, smart, together as a team and ruthless competitors.

To help to ensure that everyone involved in the club, from swimmers to coaches to parents, are on the same page and working towards the same goals we have club values. These help us create our positive ‘Wolfpack Culture’ and follow the Swim England Optimal Athlete Development Framework (OADF) model of developing the person, athlete and performer. These values are what we want to see from all of our swimmers.

Our values are simple:

1. We are Great People

Stockport Metro swimmers are professional and respectful at all times

2. We are Hard Working Athletes

Stockport Metro swimmers will be the best that we can in and out of the pool

3. We are Exceptional Competitors

Stockport Metro swimmers will prepare, process and learn from our competitions

4. We have a Positive Team Culture

Stockport Metro swimmers will support each other and put the Wolfpack first

Below is our ‘values criteria’ that swimmers in all squads are expected to follow

Swimmers in all squads are expected to follow our values criteria
Great People – Stockport Metro swimmers are professional and respectful at all times
We are polite and respectful - listen to the coach and say thank you at the end of sessions and galas
We challenge each other in a positive way
We will act as positive role models for our squad and other team mates
We follow the code of conduct as we know it will help create a positive environment
Hard Working Athletes - Stockport Metro swimmers will be the best they can be in and out the pool
Swimmers are coachable and listen to feedback
Swimmers will work hard, staying positive even in the most challenging sessions
Swimmers will commit to the minimum number of sessions of their group
Swimmers will prioritise developing their technique and skills in all sessions
Swimmers will be punctual – arrive 15 minutes (or agreed time) before the start of a session
Swimmer will have the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Exceptional Competitors - Stockport Metro swimmers will prepare, process and learn from our meets
Swimmers will attend all competitions relevant for the squad and all team competitions and relays selected for
Swimmers will learn from both competitions that went well and ones that didn't
Swimmers will never give up in races
Swimmers will set goals with their coach and parents
Positive Team Culture - Stockport Metro swimmers will put the Wolfpack first
Swimmers, parents and coaches work together – we solve issues with communication and supporting each other
We will bring positive energy to every session
We will be proud when selected for Stockport Metro teams
We will wear team kit at competitions and team hat in training
We will support teammates in training and competition

Key Contacts

Stay Up To Date With The Team

Social Media

Facebook: <https://www.facebook.com/StockportMetro/>

Instagram: https://www.instagram.com/stockport_metro/

Twitter: <https://twitter.com/stockportmetro>

Our Address

Life Leisure Grand Central

12 Grand Central Square

Wellington Road South, Stockport SK1 3TA

Enquiries and Memberships

For any enquiries about your membership, Swim England membership, fees and how to join, you can contact our experienced administration assistant Michelle Jennings at michelle.jennings@lifeleisure.net

Key Contacts Memberships and Committee:

Julie Bennett	Chair	squirrel1971@outlook.com
Michelle Jennings	Membership	michelle.jennings@lifeleisure.net
Jason Pate	Treasurer	jasonpate1@icloud.com
Liam Selby	Competitions	liam.selby@lifeleisure.net
Michelle Jennings	Club Secretary	michelle.jennings@lifeleisure.net
Sarah Cook	Welfare	welfarestockportmetro@hotmail.com
Jackie Beard Jones	Officials	officials@stockportmetrosc.org.uk
Anna Goodwin	Young Volunteers	academy.sm@lifeleisure.net
Rick Hall	Head Coach	headcoach.sm@lifeleisure.net
Sara Dixon	Head of Synchro	synchro@lifeleisure.net
Liam Selby	Coach	liam.selby@lifeleisure.net
Ciaran Beard Jones	Coach	development.sm@lifeleisure.net

USEFUL WEBSITES

Stockport Metro Website - <https://stockportmetrosc.org.uk/>

Swim England - [Swim England | Welcome to the home of Swim England \(swimming.org\)](https://swimming.org)

British Swimming - [British Swimming | The home of aquatics in Great Britain](https://britishswimming.org)

Rankings - [Event Rankings \(All Time\) | Swim England \(swimmingresults.org\)](https://swimmingresults.org)

Swimming News - [pullbuoy | Britain's Leading Independent Swimming Site](https://pullbuoy.com)

Swimming Podcast - [Inside with Brett Hawke - YouTube](https://www.youtube.com/watch?v=...)

Meet Mobile: Meet Mobile is a mobile app where you can see the live results for most meets. You can download this from the App Store or Google Play.

Volunteer Pods and Officials

Like every sports club, Stockport Metro needs volunteers! We run 2 open meets per year and our own in-house development meets. For each competition we need help from timekeeping, judging, marshalling and organisational roles.

If you are interested in becoming an official or helping out at competitions, please email officials@stockportmetrosc.co.uk

We also need people in other areas of the club including:

- Team Social Organisation
- Team Managers
- Competition Admin

If you can help with any of the above, please get in touch with the Head Coach at headcoach.sm@lifeleisure.net

Stockport Metro Coaches

Our coaches are **passionate** about swimming and helping children and their families fall in love with the sport. Our aim is to provide **high-quality, professional and nurturing coaching** that helps swimmers reach their potential.

We want swimmers to develop **amazing technique and skills, work hard**, become **great people** and **teammates**, make lifelong **friendships**, and most importantly, **enjoy their time in an enjoyable, positive and safe environment**.

Lead Pathway Coaches:

Head Coach/Head of Performance - Rick Hall - headcoach.SM@lifeleisure.net

Assistant Head Coach/ Head Age Group Coach – Liam Selby - liam.selby@lifeleisure.net

Head Development Coach – Ciaran Beard Jones - development.sm@lifeleisure.net

Head of Academy – Anna Goodwin - academy.sm@lifeleisure.net

Head of Artistic Swimming – Sara Dixon - synchro@lifeleisure.net

Head of Masters (Life Leisure) – Sion Kelly - masters@lifeleisure.net

Squad Coaches:

Performance – Rick Hall + Joel Weston (Assistant)
National Youth – Ciaran Beard Jones
National Age – Liam Selby
Regional Age – Mark Heath
County Age – Lola Millburn/Dan Pepper
Junior Development 3 – Ciaran Beard Jones
Junior Development 2 – Jolan Bennett
Junior Development 1 – Ciaran Beard Jones
Academy 3 – Lola Millburn/Meg Goodwin
Academy 2 – Bella Chalmers-Morris
Academy 1 – Phoebe Barber
Stroke Development – Anna Goodwin
Artistic Swimming – Sara Dixon/Emma Connolly
Masters (Life Leisure) – Sion Kelly/ Russ Smith/ Jolan Bennett

Competitions and Competition Information Handbook

The club's aim is to develop competitive swimmers and artistic swimmers (from beginners to an international level) and members are expected to compete at all competitions selected for them. Entry to many meets is conditional upon achieving qualifying times or other selection criteria.

The competition timetable will be sent throughout the season with an updated version always available [here](#)

The club also enters a number of team competitions including the National Arena League, Junior Arena League, Regional and National Relay events. The selection criteria for these can be found further below.

As a new swimmer and parent there is a lot to get your head around when it comes to competitions. It is important for both swimmers and parents to understand the various types of swimming competitions in the UK, especially when you are starting your swimming journey. This knowledge is essential to help swimmers develop their skills, set goals, train effectively, and prepare for higher levels of competition.

We have produced a competition guide which explains everything you need to know about competitions including how to enter via our Swim Manager portal. The guide can be found here:

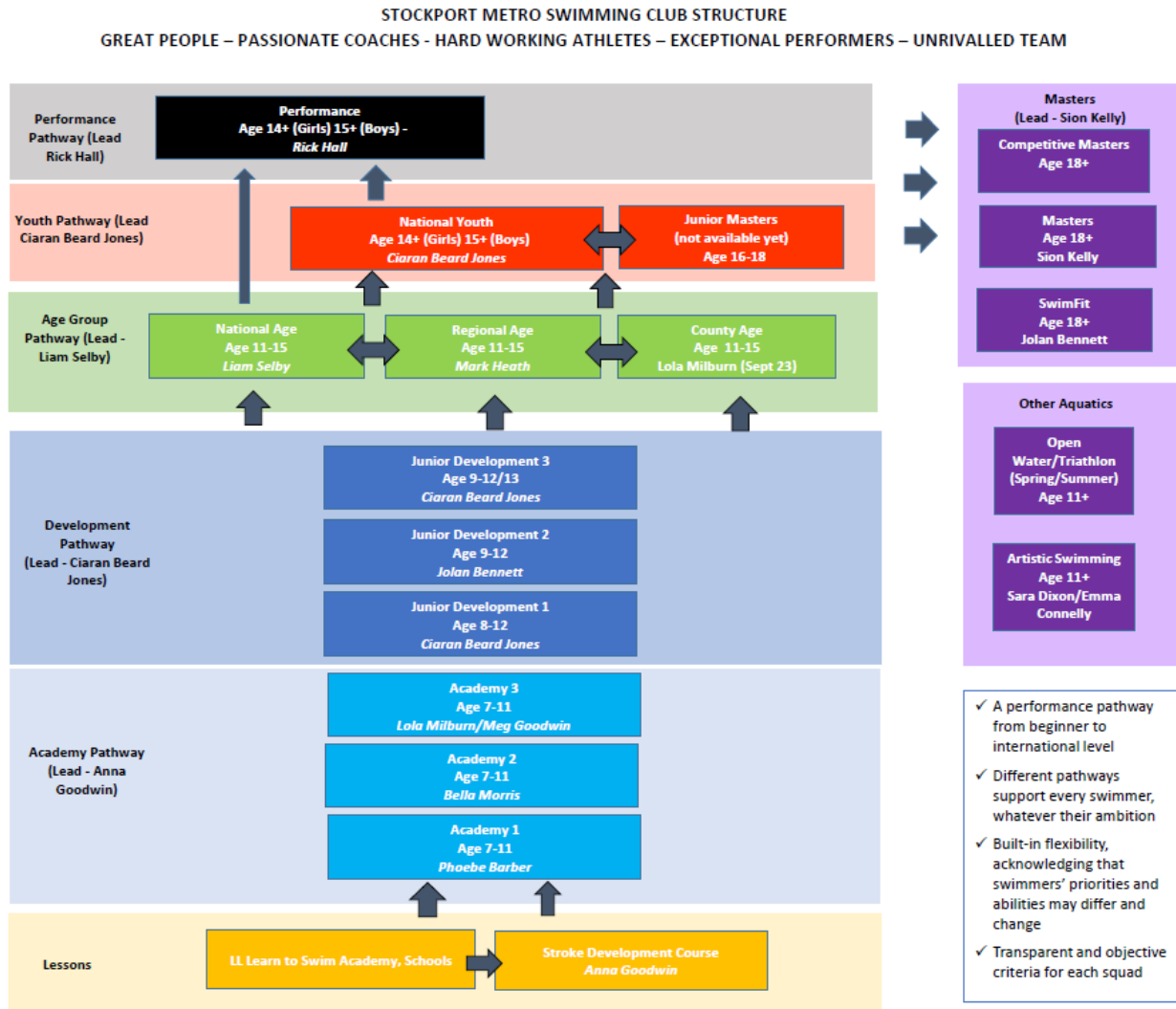
Swimming Competition Handbook - [Stockport-Metro-Competition-Guide.pdf \(stockportmetrosc.org.uk\)](#)

Artistic Swimming Competition Handbook – [Synchro-Grade-Competition-Guide.pdf \(stockportmetrosc.org.uk\)](#)

Squad Structure

The Squad Structure is designed to give all swimmers the best opportunity to progress from our lessons programme to the performance and youth squads with pathways to support different abilities and goals. The pathways (Performance, Youth, Age Group, Development, Academy, Masters and Artistic Swimming) are managed by a 'pathway lead' that oversee the coaching within these squads.

The structure allows for flexible movement between squads and pathways, recognising swimmers' differing ambitions, abilities, and priorities. Within each pathway there are different squads that are suited for the individual. Each squad has an objective criteria that gives clarity on what is needed to be within that squad.



Squad Pathways

Performance Pathway

Squads: Performance

Pathway Lead Coach: Rick Hall

The aim of the Performance pathway is to train and compete within a high-performance environment with individual plans aimed at competing at British Championships, British and English Nationals. The Performance Squad will be supported by services such as video analysis, strength and conditioning sessions, physio screening and sports science testing. This squad is for swimmers with no other commitments or distractions other than school.

Youth Pathway

Squads: National Youth

Pathway Lead Coach: Ciaran Beard Jones

The Youth pathway is for swimmers aged 14+ (boys 15+) and consists of 1 squad - National Youth. The aim of the squad is to compete at National, Regional & County level with total commitment to an individually agreed training programme with the Lead Coach. Swimmers will be targeting the British Summer Championships, England Summer Meet and/or Regional level competitions. The National Youth squad will be supported by services such as strength and conditioning sessions and screening. We are looking at adding a Junior Masters squad at a later date.

Age Group Pathway

Squads: National Age, Regional Age, County

Pathway Lead Coach: Liam Selby

The Age Group pathway is for swimmers aged 11-15 and training will be focused on developing technique, skills, correct training habits and progressive training sets to develop swimmers for Youth or Performance swimming. There are 3 squads in this pathway, each with similar age guidelines to help swimmers socially. The squads differ with performance expectations, attendance and training criteria. Swimmers will still need to attend a minimum number of sessions. Land training will also be part of the training routine for all squads

Development Pathway

Squads: Junior Development 1,2 + 3

Lead Pathway Coaches: Ciaran Beard Jones

The development pathway is for swimmers progressing their competitive swimming journey and consists of 3 squads - JD 1,2 + 3. The emphasis in these squads is still improving technique and skills but will also focus on learning to train for age group swimming with longer and more progressive sets/sessions. Swimmers will learn more racing skills and should be aiming for County Qualification and competition at local meets.

Academy Pathway

Squads: Academy 1, 2 + 3

Lead Pathway Coaches: Anna Goodwin

The Academy pathway is for swimmers starting their competitive swimming journey and consists of 3 squads - AC 1,2 + 3. The emphasis in these squads will be improving technique, skills and learning correct training habits in an enjoyable but structured environment. Swimmers will have the opportunity to start competing at development galas and team competitions.

Masters Pathway

Squads: Masters, Competitive Masters, Swimfit

Lead Pathway Coaches: Sion Kelly

The Masters is for swimmers aged 18+ who want to continue their swimming training with other like minded adults. Swimmers have the opportunity to just train or train and compete. Swimfit offers an opportunity for swimmers to develop their fitness and technique ready for the main masters squad.

Lessons and Stroke Development

Squads: N/A

Lead Pathway Coach: Anna Goodwin

The Learn to Swim lessons offers unique, high quality teaching from badges 1-4. Our stroke development courses are a free 6 week course to help swimmers transition from lessons and develop skills ready for squads.

Squad Criteria

The reason why we have a squad criteria is to ensure that swimmers within our squads are swimming at a similar level with similar goals. It also gives swimmers a focus and set expectations of what they need to work on. The criteria will also help us with squad moves.

The criteria has 4 main components.

1. **Primary criteria** which must be followed whilst in the squad
2. **Performance criteria** which must be met within a 6-12 month period within the squad
3. **Training criteria** which must be met to be considered for a move
4. **Values criteria** – applicable for every squad (see Wolfpack values)

Squad Movements

Swimmers will be moved to the appropriate squad at the right time. **Parents should not ask for squad moves and nor should they expect a squad move.** Movements typically take place at the end of three key cycles of the season: after Christmas, April/May, and after summer, however, if a swimmer is standing out and we feel they need to make a move earlier, we may move them sooner. The criteria will be used to help with squad moves but flexibility will be given to the coach.

Performance Squad Criteria

Maximum Group Number: 18

Squad Aim

The aim of the Performance Squad is to train and compete within a high-performance environment with individual plans aimed at competing at British Championships, British and English Nationals. The Performance Squad will be supported by services such as video analysis, strength and conditioning sessions, physio screening and sports science testing. This squad is for swimmers with no other commitments or distractions other than school. If you cannot commit to the training you will be moved to a more suitable squad based on your commitment.

Primary Criteria

Age Guideline: 14+ (girls) 15+ (boys) (by end of year)

Attend number of sessions individually set by Head Coach (minimum of 7)

Attend 3+ land sessions. Any missed must be made up in your own time

Must prioritise training during school holidays whilst in competition season

Attendance at all competitions, team events and training camps selected by Head Coach

Manages school/exams and swimming and works with coach to agree a set number of sessions during exams (minimum 1/2)

Follow the 'Values' criteria set for all squads

Performance Criteria (swimmers will be considered if they achieve these)

1. Qualification for British Championships and Junior International Selection

2. Qualification for British Summer Nationals (top 24 ranking)

3. Qualification or potential for English Summer Nationals (top 44 ranking)

Swimmers will be talent identified by the coaching team based on training attendance, training performance, competition performance, listening skills and long term potential. **All movements are at the discretion of the coaching team.**

Training Criteria

Start every session with Pre-Pool (land)

Is punctual – arrives min 15 minutes (or agreed time) before the start of a session and starts session on time. Morning's compulsory 15 mins.

Can swim repeat 24 x 100 FC repetitions off following base times FC - 1.20 IM 1.35 (Girls) and FC - 1.15 IM 1.30 (Boys)

Can kick an average of under 1.35 on the kick test

Ability to train all distances and strokes with following stroke counts fly and Breast (8) Back and Free (12)

Ability to hold 6 dolphin kicks off every start and turn including under pressure

Criteria for squad exit and squad pathways

Unable to train or perform at required criteria or unable to meet attendance requirements **Movement into:** National Youth

Equipment Needed

Kickboard, Pullbuoy, Short Blade Fins, Hand or Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, SM Swim Cap, Goggles, Costume, Foam Roller, Skipping Rope, Theraband, Mesh Bag,

National Youth Squad (NY)
Group Number: TBC
Squad Aim
The aim of the squad is to compete at National, Regional & County level with total commitment to an individually agreed training program with the Lead Coach. Swimmers will be targeting the England Summer Meet, Regional Championships and Counties. The National Youth squad will be supported by services such as strength and conditioning sessions and screening
Primary Criteria
Age Guideline: 14+ (girls) 15+ (boys) (by end of year)
Attend number of sessions individually set by Group Coach (minimum of 5 ideally 6)
Saturday morning compulsory session unless agreed with coach
Attend 2+ land sessions. Any missed must be made up in your own time
Attendance at all competitions, team events and training camps selected by Head Coach
Follow the 'Values' criteria set for all squads
Performance Criteria (swimmers will be considered if they achieve these)
1. Qualification for English Summer Nationals (top 44) or above
2. Qualification for Regional Automatic Times
3. Finalist at County Championships
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long term potential. All movements are at the discretion of the coaching team.
Training Criteria
Start every session with Pre-Pool (land)
Is punctual – arrives min 15 minutes (or agreed time) before the start of a session and starts session on time. Morning's compulsory 15 mins.
Can swim repeat 24 x 100 FC repetitions off following base times FC - 1.25 IM 1.40 (Girls) and FC - 1.20 IM 1.35 (Boys)
Can kick an average of under 1.50 on the kick test
Ability to train all distances and strokes with following stroke counts fly and Breast (8) Back and Free (12)
Ability to hold 5 dolphin kicks off every start and turn including under pressure
Criteria for squad exit and squad pathways
Meeting full criteria and swimming at National level Movement into: Performance
Unable to train or perform at required criteria or unable to meet attendance requirements Movement into: County or Masters
Equipment Needed
Kickboard, Pullbouy, Short Blade Fins, Hand or Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, SM Swim Cap, Goggles, Costume, Foam Roller, Skipping Rope, TheraBand, Mesh Bag,

National Age
Group Number: TBC
Squad Aim
The aim of the National Age Squad is to train to develop the technique, skills and aerobic fitness to move into the performance squad as well as competing at National and Regional level. The National Age Squad will be supported by services such as video analysis, strength and conditioning sessions and physio screening. This squad is for swimmers with no other commitments or distractions other than school. If you cannot commit to the training you will be moved to a more suitable squad based on your commitment.
Primary Criteria
Age Guideline: 11-15
Attend number of sessions individually set by Group Coach - minimum 5 (age 11-12) and 6 (age 13+)
Saturday morning compulsory session unless agreed with coach
Must prioritise training during school holidays whilst in competition season
Attend 2+ land sessions. Any missed must be made up in your own time
Attendance at all competitions, team events and training camps selected by Head Coach
Follow the 'Values' criteria set for all squads
Performance Criteria
1. Qualification for British Summer Nationals (top 24 ranking) or English Summer Nationals (top 44)
2. Potential for National Selection (top 100 ranking)
3. Regional Automatic Times in multiple events/strokes
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long-term potential. All movements are at the discretion of the coaching team.
Training Criteria
Start every session with Pre-Pool (land)
Is punctual – arrives min 15 minutes (or agreed time) before the start of a session and starts session on time. Morning's compulsory 15 mins.
Can swim repeat 20 x 100 repetitions holding stroke counts and 6 kicks off each wall
Complete IM Test Set 3 - (3x50 Fly, 2x 50 Fly/Back + 200 IM at end) Repeat on each stroke with excellent skill and technique including: 6 Fly UW Kicks. Stroke Counts per 25 of 12 (Fly/Brst) and 16 (Free/Back) + Correct turns including Crossover Turn
Can kick an average of under 1.45 on the kick test
Ability to train all distances and strokes with following stroke counts fly and Breast (10) Back and Free (14)
Ability to hold 6 dolphin kicks off every start and turn including under pressure
Criteria for squad exit and squad pathways
Meeting full criteria and swimming at National level Movement into: Performance
Meeting full criteria and swimming at Regional level Movement into: National Youth
Unable to train or perform at required criteria or unable to meet attendance requirements Movement into: County or Regional Age
Equipment Needed
Kickboard, Pullbouy, Short Blade Fins, Hand or Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, SM Swim Cap, Goggles, Costume, Foam Roller, Skipping Rope, TheraBand, Mesh Bag,

Regional Age
Group Number: TBC
Squad Aim
The aim of the Regional Age Squad is to develop skills, technique, fitness and behaviours for Youth swimming. Swimmers will be aiming to qualify for Regionals and Counties. Swimmers in this squad will have access to land training
Primary Criteria
Age Guideline: 11-15
Attend minimum 4 (ideally 5) sessions. Saturday morning recommended
Attend 1+ land sessions. Any missed must be made up in your own time
Attendance at all competitions, team events and training camps selected by Head Coach
Follow the 'Values' criteria set for all squads
Performance Criteria
1. Regional Automatic Times in multiple events/strokes
2. County Automatic Times in multiple events/strokes
3. Potential for County Automatic Times in multiple events/strokes
Swimmers will be talent identified by the coaching team based on training attendance, training performance, competition performance, listening skills and long term potential. All movements are at the discretion of the coaching team.
Training Criteria
Start every session with Pre-Pool (land)
Is punctual – arrives min 15 minutes (or agreed time) before the start of a session and starts session on time. Morning's compulsory 15 mins.
Can swim repeat 20 x 100 repetitions holding stroke counts and 5 kicks off each wall
Complete IM Test Set 3 - (3x50 Fly, 2x 50 Fly/Back + 200 IM at end) Repeat on each stroke with excellent skill and technique including: 5 Fly UW Kicks. Stroke Counts per 25 of 14 (Fly/Brst) and 18 (Free/Back) + Correct turns including Crossover Turn
Can kick an average of under 2.00 on the kick test
Ability to train all distances and strokes with following stroke counts fly and Breast (12) Back and Free (16)
Ability to hold 5 dolphin kicks off every start and turn including under pressure
Criteria for squad exit and squad pathways
Meeting full criteria and swimming with potential for National level (age 14 under) Movement into: National Age
Meeting full criteria and swimming at Regional level (age 15 over) Movement into: National Youth
Unable to train or perform at required criteria or unable to meet attendance requirements Movement into: County Age
Equipment Needed
Kickboard, Pullbouy, Short Blade Fins, Hand or Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, SM Swim Cap, Goggles, Costume, Skipping Rope, TheraBand, Mesh Bag,

County Age
Group Number: TBC
Squad Aim
The aim of the County Age Squad is to develop skills, technique, fitness and behaviours for Age Group swimming. This squad is perfect for swimmers who come late to the sport or have other commitments as well as swimming. Swimmers will be aiming to qualify for Counties. Swimmers in this squad will have access to land training
Primary Criteria
Age Guideline: 11-15
Attend minimum of 3 sessions
Attend 1+ land sessions
Attendance at all competitions selected by Head Coach
Follow the 'Values' criteria set for all squads
Performance Criteria
1. County Automatic Times
2. Potential for County Automatic Times in multiple events/strokes
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long-term potential. All movements are at the discretion of the coaching team.
Training Criteria
Start every session with Pre-Pool (land)
Is punctual – arrives min 15 minutes (or agreed time) before the start of a session and starts session on time. Morning's compulsory 15 mins.
Can swim repeat 16 x 100 FC repetitions with 4 kicks off each wall
Ability to train all distances and strokes with following stroke counts fly and Breast (12) Back and Free (16)
Ability to hold 4 dolphin kicks off every start and turn including under pressure
Criteria for squad exit and squad pathways
Meeting full criteria and swimming at County Level (age 14 under) Movement into: Regional Age
Meeting full criteria and swimming at Regional level (age 15 over) Movement into: National Youth
Unable to train or perform at required criteria or unable to meet attendance requirements Movement into: Local swim club or Junior Coaching
Equipment Needed
Kickboard, Pullbouy, Short Blade Fins, Hand or Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, SM Swim Cap, Goggles, Costume, Skipping Rope, TheraBand, Mesh Bag,

Junior Development 1,2 and 3
Group Number: Maximum of 24 per squad
Squad Aim
The development pathway is for swimmers progressing their competitive swimming journey. The emphasis in these squads is still improving technique and skills but will also focus on learning to train for age group swimming with longer and more progressive sets/sessions. Swimmers will learn more racing skills and should be aiming for County Qualification and competition at local meets.
Primary Criteria
Junior Development 1 - Age Guideline: 8-12. Attend average of 3+ sessions per week
Junior Development 2 – Age Guideline: 9-12. Attend average of 4+ sessions per week
Junior Development 3 – Age Guideline: 9-13. Attend average of 5+ sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
Junior Development 1 - Potential to progress through the competitive squad pathway
Junior Development 2 - Potential for County Automatic Times in multiple events/strokes including 200 IM
Junior Development 3 - County Automatic Times in multiple events/strokes including 200 IM + Potential for Regional QTs
Must compete in race nights, local meets and team competitions if selected
Training Criteria
Junior Development 1 - Must have completed all of Academy 3 assessments outcomes
Junior Development 2 - Complete IM Test Set 1 with correct skill and technique. Average kick test time of: 1.10
Junior Development 3 - Complete IM Test Set 2 with correct skill and technique. Average kick test time of: 1.05
IM Test Set 1 - (2x50 Fly, 1x 50 Fly/Back) Repeat on each stroke with excellent skill and technique including: 5 Fly UW Kicks. Stroke Counts per 25 of 16 (Fly/Brst) and 20 (Free/Back)
IM Test Set 2 - (3x50 Fly, 2x 50 Fly/Back + 200 IM at end) Repeat on each stroke with excellent skill and technique including: 5 Fly UW Kicks. Stroke Counts per 25 of 14 (Fly/Brst) and 18 (Free/Back)
Swimmers can be talent identified by the coaching team based on training attendance, feel of the water, body position, kick training performance, competition performance, listening skills and long-term potential. All movements are at the discretion of the coaching team.
Equipment Needed
Kickboard, Pull bouy, Short Blade Fins, 1 x Drinks Bottles, Snorkel, Stockport Metro Swimming Cap, Goggles, Costume, Mesh Bag,

Academy 1,2 and 3
Group Number: Maximum of 30 per squad
Squad Aim
The Academy pathway is for swimmers starting their competitive swimming journey. The emphasis in these squads will be improving technique, skills and learning correct training habits in an enjoyable but structured environment. Swimmers will have the opportunity to start competing at race nights and team competitions.
Primary Criteria
Ideal age 6-10 Maximum age 11
Academy 1 - Attend average of 1+ sessions per week
Academy 2 – Attend average of 2+ sessions per week
Academy 3 – Attend average of 3+ sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
Must compete in race nights and team competitions if selected
Training Criteria
Academy 1 - Must have completed all Badge 4 (SM lessons) or Stage 7 (Swim England) Assessment Outcomes
Academy 2 – Must have completed all Academy 1 Assessment Outcomes
Academy 3 – Must have completed all Academy 2 Assessment Outcomes
Takes part in prepool before each session
Swimmers can be talent identified by the coaching team based on training attendance, feel of the water, body position, kick training performance, competition performance, listening skills and long-term potential. All movements are at the discretion of the coaching team.
Equipment Needed
Kickboard, Pull buoy, Short Blade Fins, 1 x Drinks Bottles, Snorkel, Stockport Metro Swimming Cap, Goggles, Costume, Mesh Bag,

Academy Outcomes

Academy 3 Outcomes	
•	200m on any stroke with technically correct technique
•	100m Front crawl breathing every 3 strokes with 20 strokes per length.
•	50m backstroke with 20 strokes per length, good rotation, head still.
•	50m breaststroke 16 strokes max per length with good timing, pull, breathe, kick glide and whip kick.
•	25m butterfly breathing every 2 strokes 16 strokes max per length
•	Push and glide test for a minimum of 7.5 metres in a streamline position.
•	4 dolphin kicks into flutter kick off every push off
•	Breaststroke underwater phase with full pull out to 10m
•	50m body position kick on front.
•	50m body position kick on back.
•	Kick 50m streamline kick on all strokes in a streamline position.
•	25m front scull with no kick.
•	25m midline scull with no kick
•	25m headfirst scull on back
•	Kick 8x50m with/without board on all strokes legally
•	Perform a front crawl and backstroke turn with underwater phase.
•	Perform a touch turn for fly and breaststroke.
•	Correct finish on all 4 strokes.
•	Perform a racing track start with underwater phase.
•	Can complete a small set using the clock, setting off on own

Academy 2 Outcomes	
•	100m on any stroke with technically correct technique
•	50m Front crawl breathing every 3 strokes with 20 strokes per length.
•	25m backstroke with 20 strokes per length, good rotation, head still.
•	25m breaststroke 16 strokes max per length with good timing, pull, breathe, kick glide and whip kick
•	15m butterfly breathing every 2 strokes.
•	Push and glide test for a minimum of 6 meters in a streamline position.
•	3 dolphin kicks into flutter kick off every push off
•	Breaststroke underwater phase with full pull out.
•	25m body position kick on front.
•	25m body position kick on back.
•	15m front scull with no kick.
•	15m headfirst scull on back
•	Kick 50m streamline kick on all strokes in a streamline position.
•	Perform a front crawl and backstroke turn with underwater phase.
•	Perform a touch turn for fly and breaststroke.
•	Correct finish on all 4 strokes.
•	Perform a standing dive from side
•	Can read a clock and set off on own

Academy 1 Outcomes

- 50m on any stroke with technically correct technique
- 25m front crawl breathing every 3 strokes with 24 strokes per length.
- 25m backstroke with 24 strokes per length, good rotation, head still.
- 25m breaststroke with under 18 strokes with correct leg kick.
- 10m butterfly with arms clearing the water attempting to breathe.
- Push and glide test for a minimum of 5 meters in a streamline position.
- Streamline push and glide underwater to perform 4 dolphin kicks to the surface.
- 25m Body position kick (Superman) rotating to breathe, no aids.
- 25m kick on all strokes with kick board or in a streamline position
- Forward somersault into the wall pushing off with two feet.
- 15m front scull.
- 15m headfirst scull.
- Hold a streamline float on the front for 5 seconds with rotation onto the back for 5 seconds.
- Perform a kneeling dive.

Artistic Swimming (Synchro) Information and Criteria

Artistic/ Synchronised swimming is a combination of dancing, gymnastics and swimming. Synchro is performed in solo's, duets or teams to music. Stockport Metro follows the Swim England figure and routine grades and swimmers participate in Regional and National competitions as well as displays.

The History of Synchro at Stockport Metro

Since 2015 we have gained 4 medals in figures, 3 medals in solo, 2 medals in duet and 4 in team routines at National Age Group and 2 medals at Junior and Senior Championships. Stockport Metro have had 2 swimmers selected for the England training squads. Sophie Freeman for England Age Groups in 2014 and England Juniors in 2016 and Evie Walker for England Age Groups and the Junior Squad in 2019 and selected as a Priority Athlete in 2022 and 2023.

What do I need to join?

- A strong swimmer; 25m backstroke, breaststroke & front crawl
- Confident in deep water, happy underwater and upside down
- A feel for the water
- Creativity
- Enthusiasm
- A background in dance/gymnastics/music
- A nose clip and a smile!

Free taster sessions available.

Please contact synchro@lifeleisure.net

What will we do?

- Develop stamina and technique
- Learn to swim to music
- Work individually and as part of a team
- Learn figures and drills associated with synchronised swimming.
- Participate in displays and competitions



Synchro Award Squad
Group Number: Maximum of 20 per squad
Squad Aim
The Synchro Award pathway is for swimmers starting their artistic swimming journey. The emphasis in these squads will be improving sculling and figure techniques, routine skills, how to count and swim in time to music in an enjoyable but structured environment. Swimmers will have the opportunity to start competing in novice figure competitions and will be involved in displays.
Primary Criteria
Ideal age 8-10 Maximum age 13
Award 1-2 Attend 2 sessions per week
Award 3 - Attend 3 sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
To compete in novice competitions and displays if selected
Training Criteria
Award 1 - Must have completed all Badge 4 (SM lessons) or Stage 7 (Swim England) Assessment Outcomes
Award 2 – Must have completed all Award 1 Assessment Outcomes
Award 3 – Must have completed all Award 2 Assessment Outcomes
Takes part in land sessions every week
Swimmers can be talent identified by the coaching team based on training attendance, sculling technique, positions, musicality, extension, flexibility, competition performance, listening skills and long term potential. All movements are at the discretion of the coaching team.
Equipment Needed
Kickboard, Pull buoy, Bottles, Stockport Metro Swimming Cap, Goggles, Noseclip, Costume, Mesh Bag,

Synchro 12 & Under Squad
Group Number: Maximum of 20 per squad
Squad Aim
The 12 & Under Synchro pathway is for swimmers who have completed the 3 SM Synchro Awards. The emphasis in these squads will be to work through Figure and Routine Grades 1-3 and develop team routine skills. Swimmers will have the opportunity to start competing in Regional (Grade 2 and above) and National Age Group competitions (Grade 3 and above) and will be involved in displays.
Primary Criteria
Ideal age 9-12 Maximum age 12
Attend 3 sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
To enter grade assessment days, compete in competitions and displays if selected
Training Criteria
Must have completed SM Award 3
Must be working towards flat splits on right and left leg. A minimum of 20cm away from flat to be selected to attend figure grade days.
Swimmers will progress from Grade 1 Figures through to Grade 3 Figures. If Grade 3 is achieved, they will work towards attaining a silver/gold pass.
Swimmers will progress from Grade 1 Routine through to Grade 3 Routine. If Grade 3 is achieved, they will work towards attaining a silver/gold pass.
Takes part in land sessions every week
Swimmers can be talent identified by the coaching team based on training attendance, sculling technique, positions, musicality, extension, flexibility, competition performance, listening skills and long-term potential. All movements are at the discretion of the coaching team.
Equipment Needed
Kickboard, Pull buoy, Bottles, Stockport Metro Swimming Cap, Goggles, Noseclip, Costume, Mesh Bag,

Synchro 13-15 Squad
Group Number: Maximum of 20 per squad
Squad Aim
The 13-15 Synchro pathway is for swimmers who have completed Grade 3 Figure and Routine to a Bronze or above level. The emphasis in these squads will be to work through Figure and Routine Grade 4 and further develop team routine skills. Swimmers will have the opportunity to compete in team routines at a Regional level (Grade 3 and above) and National Age Group competitions (Grade 4 and above) and will be involved in displays. Swimmers attaining a silver or a gold level pass will have the option to also swim duets and or solo's
Primary Criteria
Ideal age 13 Maximum age 15
Attend 3 sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
To enter grade assessment days, compete in competitions and displays if selected
Training Criteria
Must have completed Grade 3 Figure and Routine Grade
Flat splits on right and left leg. A minimum of 20cm away from flat to be selected to attend figure grade days.
Swimmers will progress from Grade 3 Figures through to Grade 4 Figures. If Grade 4 is achieved they will work towards attaining a silver/gold pass.
Swimmers will progress from Grade 3 Routine through to Grade 4 Routine. If Grade 4 is achieved they will work towards attaining a silver/gold pass.
Takes part in land sessions every week
Swimmers can be talent identified to take Grade 5 Figure and/or routine grades the September before they are 15.
Equipment Needed
Kickboard, Pull buoy, Bottles, Stockport Metro Swimming Cap, Goggles, Noseclip, Costume, Mesh Bag, ankle weights, dyna band

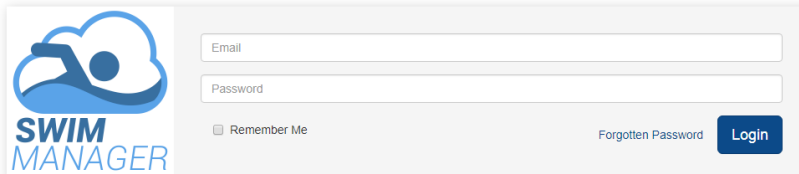
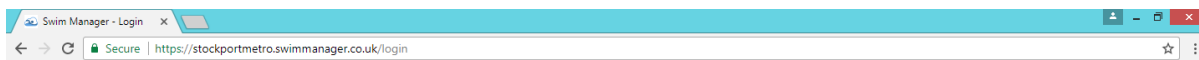
Synchro 15+ Squad
Group Number: Maximum of 20 per squad
Squad Aim
The 15+ Synchro pathway is for swimmers who have completed Grade 4 Figure and Routine to a Bronze or above level. The emphasis in these squads will be to work through Figure and Routine Grades 5 and further develop team routine skills. Swimmers will have the opportunity to compete in team routines at a Regional level (Grade 4 and above) and National Championship competitions (Grade 5 and above) and will be involved in displays. Swimmers attaining a silver pass will have the option to also swim duets and for gold level passes solo's
Primary Criteria
Ideal age 15 Maximum age 18
Attend 3 sessions per week
Follow the 'Values' criteria set for all squads
Performance/Competition Criteria
To enter grade assessment days, compete in competitions and displays if selected
Training Criteria
Must have completed Grade 4 Figure and Routine Grade
Flat splits on right and left leg. A minimum of 20cm away from flat to be selected to attend figure grade days.
Swimmers will progress from Grade 4 Figures through to Grade 5 Figures. If Grade 5 is achieved they will work towards attaining a silver/gold pass.
Swimmers will progress from Grade 4 Routine through to Grade 5 Routine. If Grade 5 is achieved they will work towards attaining a silver/gold pass.
Takes part in land sessions every week
Equipment Needed
Kickboard, Pull buoy, Bottles, Stockport Metro Swimming Cap, Goggles, Noseclip, Costume, Mesh Bag, ankle weights, dyna band

Swim Manager

Stockport Metro use a system called Swim Manager that all members need to sign up to. This allows you to enter competitions, make payments and check personal best times. Please follow the instructions below so that you are set up as this will enable you to enter meets and receive emails/information regarding events happening within the club. Any questions please email Michelle Jennings at Michelle.Jennings@lifeleisure.net

Type the following into your search bar: stockportmetro.swimmanager.co.uk

The screen should look like the one below. Type in your email address and then click on forgotten password.



You will then receive an email so you can reset your password and then sign in. This may go directly to your junk mail initially so you will need to check.

Once you are logged in then please take time to check all your details are correct. These can be amended by clicking the edit or pen icon.

It is important that you also complete the photo consent part. This can be found lower on the page with the medical information.

There is also a parent's user guide to help you to use Swim Manager for meet entries and payments

Stockport Metro Parent Leisure Memberships

Stockport Metro parents have access to exclusive Parent Membership at Life Leisure. To sign up, follow these three easy steps:

1. Parent completes the link for a membership [Friends and Family membership - Request \(jotform.com\)](#)
2. The request comes through to metro and they approve the request
3. If approved, it will get sent to memberships to set up (this may take up to 5 working days)

The membership options available are:

- Hub All Inclusive £25 per month
 - Access to the gym, studio and swimming pools at Life Leisure Avondale, Brinnington Park, Grand Central, Houldsworth Village, Priestnall and Stockport Sports Village (Woodley)
- Hub Extra All Inclusive £30 per month.
 - Access to the gym, studio and swimming pools at Life Leisure Avondale, Brinnington Park, Cheadle, Grand Central, Hazel Grove, Houldsworth Village, Priestnall, Romiley and Stockport Sports Village

All swimmers aged 16+ are eligible to a free gym membership that will automatically get applied.

Teams and Selection Policies

Swimming

The following selection policy will be used when picking teams for Arena League, Junior Arena League, County, Regional and National relay teams.

Eligibility

To be eligible for selection, swimmers must:

- Be a member of Stockport Metro
- Have a positive attitude, followed the Wolfpack values and be a team player
- Have completed regular training in the run up to the competition

Selection Process

Swimmers will be selected based on the following criteria:

- Personal best times in each event (based on most recent rankings or internal competitions)
- Placement of events within the competition
- Potential for improvement or experience
- For some events, A second team may be selected if we have the numbers to be competitive
- All selections are at the discretion of the head coach

Swimmers who are not selected for the team may appeal the decision to the head coach. Appeals must be submitted in writing within 72 hours of the announcement of the team in a constructive way.

This policy may be changed at anytime by the Head Coach

Artistic Swimming (Synchro)

Eligibility

To be eligible for selection, swimmers must:

- Be a member of Stockport Metro
- Have a positive attitude, follow the Wolfpack values and be a team player
- Have completed regular training in the run up to the competition

Selection Process

1. Swimmers hold the required figure and routine grade

Combination Team (Maximum 10 swimmers)

	Division 1	Division 2
12 & Under	Figure or Routine 0-2	Figure or Routine 1-3
13-15 years	Figure or Routine 0-3	Figure or Routine 3+
15-18 years	Figure or Routine 0-3	Figure or Routine 3+
15 & under	Figure or Routine 0-3	Figure or Routine 3+
13-18 years	Figure or Routine 0-3	Figure or Routine 3+

2. The swimmers with the highest grade passes will be considered first for team along with performance in training
3. Coaches will judge the following in training to select team members and the solo & duet swimmers:
 - Remembering of the routine
 - Remembering of the counts
 - Extension, position and height in figures
 - Height in egg beater and performance of arms
 - Height in boosts
 - Level of difficulty of figures swimmers can perform with good execution
 - Awareness of patterns
 - Overall artistic impression
 - Attendance and commitment to training and competitions

Artistic Free Team Selection Criteria

Selection criteria

1. Swimmers hold the required figure and routine grade

Team (Maximum 8 swimmers)

	County	Regional	National Age Groups
12 & Under	Grade 2 figures & routine (Bronze)	Grade 2 figures & routine (Bronze)	Grade 3 figures & routine (Bronze)
13-15	Grade 3 figures & routine (Bronze)	Grade 3 figures & routine (Bronze)	Grade 4 figures & routine (Bronze)
15+	Grade 5 figures & routine (Bronze)	Grade 5 figures & routine (Bronze)	Grade 5 figures & routine (Bronze)

Duet

	County	Regional	National Age Groups
12 & Under	Grade 3 figures & routine (Bronze)	Grade 3 figures & routine (Bronze)	Grade 4 figures & routine (Silver)
13-15	Grade 4 figures & routine (Bronze)	Grade 4 figures & routine (Bronze)	Grade 5 figures & routine (Silver)
15+	Grade 5 figures & routine (Bronze)	Grade 5 figures & routine (Bronze)	Grade 5 figures & routine (Silver)

Solo

	County	Regional	National Age Groups
12 & Under	Grade 3 figures & routine (Bronze)	Grade 3 figures & routine (Bronze)	Grade 4 figures & routine (Silver)
13-15	Grade 4 figures & routine (Bronze)	Grade 4 figures & routine (Bronze)	Grade 5 figures & routine (Silver)
15+	Grade 5 figures & routine (Bronze)	Grade 5 figures & routine (Silver)	Grade 5 figures & routine (Gold)

2. The swimmers with the highest grade passes will be considered first for team along with performance in training
3. Coaches will judge the following in training:
 - Remembering of the routine
 - Remembering of the counts
 - Extension, position and height in figures
 - Height in egg beater and performance of arms
 - Height in boosts
 - Level of difficulty of figures swimmers can perform with good execution
 - Awareness of patterns
 - Overall artistic impression
4. Attendance and commitment to training and competitions

Welfare Procedure

Safeguarding Policy Statement

Stockport Metro is committed to a club environment in which all children and young people participating in its activities have a safe and positive experience.

In order to achieve this Stockport Metro agrees to:

- Adopt and implement the Swim England Wavepower 2023 policy in full.
<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
- Recognise that all children participating in the club (regardless of age, gender, race, religion, sexual orientation, ability or disability) have a right to enjoy their involvement in swimming in a safe environment and be protected from harm.
- Ensure that those individuals, who work with children in the club, whether paid or voluntary, provide a positive, safe and enjoyable experience for children.
- Ensure all those persons who work with children in the club have undertaken the appropriate training and relevant DBS checks and adhere to the required practices for safeguarding children as outlined in Wavepower 2023
- Ensure that all individuals who will be working or will work with children in the club have been reference checked and DBS certified.
- Ensure that all individuals who work with children in the club have the appropriate training and codes of conduct and good practice to follow in line with the guidance in Wavepower 2023 including Safeguarding training
- Provide all club members and parents of members with the opportunity to raise concerns in a safe and confidential manner if they have a concern about a child's welfare.
- Ensure that confidentiality is maintained appropriately and in line with the best interests of the child. Ensure all documentation relating to child safeguarding matters are held in a safe and secure manner.

Our Welfare Officer is Sarah Cook and is contactable on welfarestockportmetro@hotmail.com who will then direct any welfare and safeguarding matters to the Life Leisure Safeguarding Lead if needed.

Codes of Conduct

Members Code of Conduct

General Behaviour

I will conduct myself in accordance with the positive culture and values of Stockport Metro.

1. I will treat all members of, and persons associated with, Swim England with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will always display a high standard of behaviour.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
- 6 I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.

Training

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
- 3 I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach.
4. I understand that if I arrive late, I must report to my coach before entering the pool.
5. I will ensure that I have all my equipment with me, e.g., paddles, kick boards, hats, goggles, etc
6. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
7. I will listen to what my coach is always telling me and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets - to do so means I would only be cheating myself.

12. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.

13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

I understand that I will move squads in line with the squad criteria and respect that this will be my coaches decision.

Competitions

I understand that the coaches will make selections for competitions/meets and that this will be based on the selection criteria for that meet. These decisions will be made for the good of the team. Participating in one of our sports is not all about wins and losses it is about resilience, perseverance, team values, making friends, getting exercise and developing skills.

1. At competitions, whether they be open meets, national events, or club galas, I will always behave in a manner that shows respect to my coach, the officers, my teammates and the members of all competing organisations.

2. I understand that I will be required to attend events and galas that the Head Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.

3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts, and hats as per the rules laid down by Stockport Metro.

4. I will report to my coach and/or team manager on arrival on poolside.

5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.

6. I will be part of the team. This means I will stay with the team on poolside.

7. If, I must leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.

8. I will not use any device to take photographs or footage of others in the changing rooms or cubicles. I will not use any device to take photographs or footage of others on poolside without their permission. I will report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.

9. After my race, I will report to my coach for feedback.

10. I will support and encourage my teammates, tell them when they have done well and be there for them when they are struggling. Everyone likes to be supported and they will be supporting me in return.

11. I will treat other children with respect and appreciate that everyone has a different level of skill or talent.
12. I will swim down after the race, if possible, as advised by my coach.
13. My behaviour in the swim down facility must be always appropriate and respectful to other users.
14. I will never leave an event until either the gala is complete, or I have the explicit agreement of the coach or team manager.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Signed: _____ Date: _____ This code is an extension to the Swim England Code of Ethics. Both should be followed.

Parents Code of Conduct

1. I will complete and return the Medical Information Form as requested by Stockport Metro and provide details of any health conditions/concerns relevant to my child on the consent form. I will report any changes in the state of my child's health to the coach prior to training sessions or events. I will ensure that Stockport Metro has up to date contact details for me and for any alternative person(s) as required.
2. I will deliver and collect my child punctually to and from training sessions/events. I will inform a member of the committee or coaching staff if there is an unavoidable problem. If Stockport Metro changes my child's lane and/or training times, I will remember that the change is to provide appropriate levels of training and to enable my child to progress and I should therefore always support and encourage this.
3. I will ensure my child is properly and adequately attired for the training session/ events including all mandatory equipment, e.g., hats, goggles, etc
4. I will inform the coach before a session if my child is to be collected early from a training session/event and if so, by whom.
5. I will encourage my child to obey the rules and teach them that they can only do their best.
6. I will behave responsibly as a spectator during training/events and treat members, coaches, committee members and other parents of members of both my child's organisation and any other organisation with due respect, in accordance with the Swim England commitment to equality and diversity.
7. I will not use inappropriate language within the organisation environment.
8. I will show appreciation and support my child and all the team members.
9. I will ensure my child's needs are met in terms of nutrition and I will listen to advice given from the coach/nutritionist.
10. I will maintain a good relationship with my child's coach, respecting the coaching team and trusting the decisions they make for my child's development, squad movements and selections to competitions/meets.
11. I will support the coach, voluntary helpers at the club and the committee appropriately and raise any concerns I may have in an appropriate manner to the welfare officer.
12. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated.
13. I will not enter poolside unless requested to do so or in an emergency.
14. Tell us if you wish to talk to us about any concerns regarding your child. We will arrange a mutually convenient time so you can talk to us.
15. Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of gender, race, sexual orientation, faith, or ability.

16. Will not use any device or take photographs or footage on the viewing area, in the changing rooms or on poolside.
17. Most of all, I will help my child to enjoy the sport & to achieve to the best of their ability. I will give encouragement to my child and tell them when they have done well and provide support when they are struggling. Participating in our sport is not all about wins and losses, it is about resilience, perseverance, team values, making friends, getting exercise and developing skills.
18. I understand that my child's coach works part time and if I need to discuss my child's progress or ask for clarification from my child's coach that I can contact them by email or ask for a meeting to be planned in.

Stockport Metro will:

1. Inform you at once if your child becomes ill and will ensure their wellbeing until you are able to collect him/her.
2. Ensure child safeguarding guidelines are always followed to keep your child safe.
3. Ensure all activities are properly supervised/ taught/coached and that consent is obtained for any activity outside of that previously agreed.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee. Continued issues and repeated breaches may result in parents/guardians being asked not to attend the club, something we never want to do.

Signed: _____ Date: _____

This code is an extension to the Swim England Code of Ethics. Both should be followed.

If you cannot resolve an issue with your child's coach you have a right to:

1. Make a complaint to Stockport Metro if you feel the organisation or a member of the organisation is not acting appropriately or in accordance with Swim England/ Stockport Metro rules and regulations. Details of how to do this can be obtained from the welfare officer.
2. Make a complaint on behalf of your child to the Swim England Office of Judicial Administration

Discipline Procedure

To be added shortly