



# Squad Handbook

**SQUAD HANDBOOK**

2023-24

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## Introduction to Hamilton Aquatics Swimming Academy

The reputation of Hamilton Aquatics at a performance swimming level, has grown not only locally but world-wide, as the most successful swimming academy in the Middle East.

Chris Tidey first set up GEMS Swimming Academy in 2005 which formed the nucleus of Hamilton Aquatics, founded two years later in October 2007.

Hamilton Aquatics has grown to be the largest swimming academy in the Middle East, providing weekly swimming to over 6000 swimmers. These swimmers are either learning to swim, developing their swimming skills or training to take part in both local and international competitions. The purpose of the programme is to ensure there is a distinct and easy to follow pathway for participants to be able to achieve their goals in swimming.

### **The Academy is divided into four main divisions:**

-  Learn to Swim Programme
-  Squad Programme
-  Swim Meet Management
-  Education & Teacher/Coach Development

Our aim is to provide world-class teaching and coaching that maximises the potential of every individual through providing high quality swimming training services regardless of their culture or ability.

As the reputation of Hamilton Aquatics grows, many schools within the UAE want to form a partnership with us. We currently partner with seven individual educational institutions utilising over 30 different swimming pools across the UAE, ranging from teaching pools to Olympic size pools. Hamilton Aquatics ensures that all swimming pools are maintained to the highest standard ensuring maximum quality, safety and professionalism.



*Happy swimmers of the LTS Programme*

As Hamilton Aquatics goes from strength to strength, we hope to encourage many more swimmers and their families to join the academy.

We plan to build on our success and continue to educate and encourage people to undertake a safer and healthier lifestyle whilst offering competitive opportunities at every stage.

## | Core Values

At Hamilton Aquatics it is important to us that all staff, swimmers and parents hold ourselves to certain values. As well as a lot of other great things we should be proud of doing on a daily basis, we have chosen the following four core values to be at the heart of Hamilton Aquatics – **PREP**

Pride

Respect

Excellence

Positivity

Every day at the pool and away from the pool all staff, swimmers and parents should be accountable to holding ourselves to these values for us to continue to be a great swimming academy. This can only be achieved by our underpinning value:

*Unity*

## I Philosophy

At Hamilton Aquatics, we stand guided by our core values – Pride, Respect, Excellence, Positivity, and Unity. These values shape our unique philosophy and the way we approach our mission: to nurture not just exceptional athletes, but well-rounded individuals who carry their lessons from the pool into all areas of life. Our mantra ‘Believe–Sacrifice–Achieve’ isn’t just a slogan; it’s the heart of our philosophy and an enduring commitment to every athlete we guide.

**Belief** is the foundation of everything we do. We foster an environment where our athletes learn to believe in their potential, their ability to overcome challenges, and the power of their dreams. We believe that nurturing this self-belief is crucial in shaping not only successful athletes but also resilient individuals.

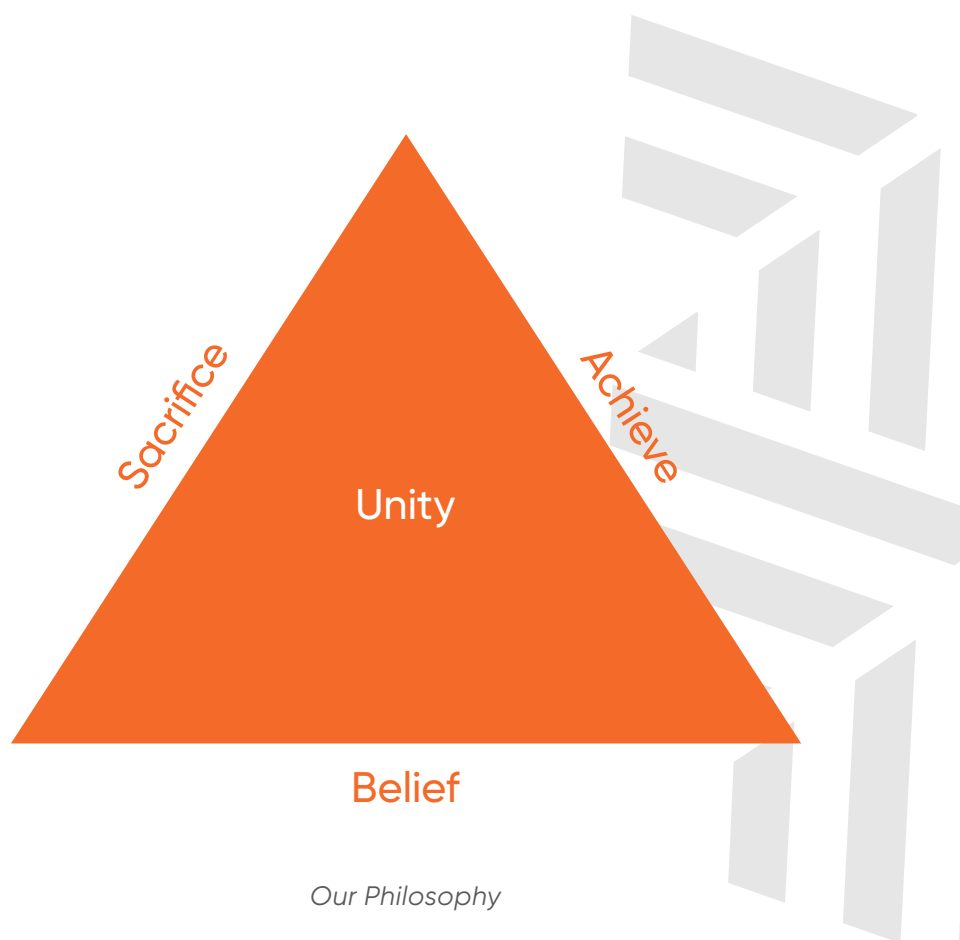
**Sacrifice**, for us, signifies the essence of discipline, dedication, and commitment. We impress upon our athletes that the path to greatness is seldom easy. It requires sacrifice – time, effort, and the will to push beyond one’s comfort zone. Through our training, we aim to instil this understanding, thus preparing them to navigate both the competitive world of sports and their future endeavours.

**Achievement** at Hamilton Aquatics extends beyond winning races or earning medals. While we do consistently aim for and reach these objectives, we believe the true measure of achievement lies in



personal growth. Whether it's surpassing a personal best, mastering a challenging technique, or demonstrating exceptional teamwork, we celebrate these triumphs. We are committed to fostering an environment where every small victory is valued and contributes to the larger narrative of success.

**Unity** binds us together. We're not just a team; we're a community. Each swimmer, coach, and parent is a vital part of our fabric. Together, we strive, we triumph, and sometimes, we falter – but we always learn and grow.



*Our Philosophy*



## | Squads Programme Overview

The Hamilton Aquatics Squad Programme has grown from 16 in its first week to over 1100 swimmers in just 12 years. The squad structure is designed to be progressive allowing swimmers to develop through various different pathways in line with the Long Term Athlete Development Plan.



Throughout the squad programme we offer various levels depending on age and ability. Squad criteria is in place to ensure that selections are not only fair on other swimmers but correspond to each individual swimmer's physiological development, with LTAD in mind.

We promote great team spirit and create a fun, hardworking atmosphere within the team on poolside and through other sources such as the website, Facebook, Instagram and Twitter. This enables the children, as well as their families, to reflect positively on a sport they have chosen to commit a large portion of their lives to.



*We're only as good  
as our Swimmers*

Our higher squads currently have swimmers representing over 30 different nationalities, which shows the squad's great versatility in developing young athletes of any nationality and culture. Previously we have used British Swimming as our bench mark to compare and in 2014 we had 32 qualifiers for British Nationals and we finished top of the medal table at the 2014 British Age Nationals in Sheffield, becoming the first overseas team to do so.

The aim of Hamilton Aquatics squads programme is to produce international level athletes who are

able to compete on the world stage at both junior and senior level, whilst being able to retain the sportsmanship skills required to be an athlete and role model.

Our structure provides a Performance Pathway for young aspiring swimmers through a well- developed and meticulously planned training environment with professional coaches.

Part of this programme includes our Club Pathway with lower levels of expectations for those swimmers who still have aims and goals that aren't swimming on an international stage. These swimmers still form part of our ethos of developing the life skills that sport enables us to teach and are just as much part of the programme as the "elite swimmers".

Our Learn to Swim teachers work closely with the development coaches to ensure a smooth transition from a teaching environment to our Development Pathway. Each development squad is led by a full time coach who is responsible for developing the swimmers technique, skills and aerobic base. Various locations are available for convenience across the younger squads.

Every year Hamilton Aquatics attend competitions in Oman, UK and various European countries. Our team regularly travel around the world and Hamilton Aquatics now has a respected reputation in the international swimming community.



*Velimir Stjepanovic*

In 2012, Velimir Stjepanovic became the first swimmer from Hamilton Aquatics to compete at the Olympic Games. Velimir placed 6th behind Chad Le Clos and Michael Phelps. Velimir had swum with Hamilton Aquatics since the age of 12 and has inspired many young swimmers. Velimir has also won medals at European Youth Olympics, European Juniors, Youth Olympics, European Short Course, World Short Course and was double gold medalist in the 200m/400m Freestyle at the 2014 European Long Course Championships in Berlin. Velimir also competed at the recent 2016 Olympic Games in Rio, resulting in a Semi-Final placing.

## MAJOR SENIOR INTERNATIONAL GAMES & CHAMPIONSHIPS

 VELIMIR STJEPANOVIC	SERBIA OLYMPIC TEAM	OLYMPIC GAMES 2016 & 2012
 TIAGO VENANCIO	PORTUGAL OLYMPIC TEAM	OLYMPIC GAMES 2012
 HILAL HILAL	TANZANIA OLYMPIC TEAM	OLYMPIC GAMES 2016
MICHAEL DAWSON	NORTHERN IRELAND NATIONAL SENIOR TEAM	COMMONWEALTH GAMES 2014
LIANNA SWAN	PAKISTAN NATIONAL SENIOR TEAM	COMMONWEALTH GAMES 2014
IVAN LENDJER	SERBIA NATIONAL SENIOR TEAM	FINA WORLD LONG COURSE CHAMPIONSHIPS 2015
MOHAMED MADWA	KUWAIT NATIONAL SENIOR TEAM	FINA WORLD LONG COURSE CHAMPIONSHIPS 2015
STEFAN SORAK	SERBIA NATIONAL SENIOR TEAM	FINA WORLD LONG COURSE CHAMPIONSHIPS 2015
FRANCESCA FALZON-YOUNG	MALTA NATIONAL SENIOR TEAM	FINA WORLD SHORT COURSE CHAMPIONSHIPS 2018
AMAAN SIDDIQUI	PAKISTAN NATIONAL SENIOR TEAM	FINA WORLD LONG COURSE CHAMPIONSHIPS 2022, 2023
LAITH SABBAH	JORDAN NATIONAL SENIOR TEAM	ASIAN GAMES 2023
TARA ALOUL	JORDAN NATIONAL SENIOR TEAM	WORLD AQUATIC CHAMPIONSHIPS 2023
NADINE KARIM	EGYPT NATIONAL, SENIOR TEAM	FINA WORLD LONG COURSE CHAMPIONSHIPS 2023

## JUNIOR INTERNATIONAL GAMES & CHAMPIONSHIPS

JOAQUIN GONZALEZ PINERO	ARGENTINA NATIONAL JUNIOR TEAM	YOUTH OLYMPIC GAMES 2018
KRISTA CEPLITE	LATVIA NATIONAL JUNIOR TEAM	FINA WORLD JUNIOR CHAMPIONSHIPS 2013
MINA ROUKBI	SYRIA NATIONAL JUNIOR TEAM	FINA WORLD JUNIOR CHAMPIONSHIPS 2013
LEWIS BURRAS	GREAT BRITAIN JUNIOR TEAM	FINA WORLD JUNIOR CHAMPIONSHIPS 2017
GABRIELLA HELAYEL	LEBANON NATIONAL JUNIOR TEAM	FINA WORLD JUNIOR CHAMPIONSHIPS 2019
NADINE KARIM	EGYPT NATIONAL, JUNIOR TEAM	FINA WORLD JUNIOR CHAMPIONSHIPS 2022

## CONTINENTAL SENIOR INTERNATIONAL CHAMPIONSHIPS

IKA BOLKVADZE	GEORGIA NATIONAL SENIOR TEAM	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2013
JAKUB KARL	CZECH REPUBLIC NATIONAL SENIOR TEAM	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2017
MOLLY MAYNE	IRELAND NATIONAL SENIOR TEAM	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2019
HANNAH TALEB	ALGERIA NATIONAL SENIOR TEAM	AFRICAN GAMES 2015

## CONTINENTAL JUNIOR INTERNATIONAL CHAMPIONSHIPS

JOSHUA LAISEQUILLA	MEXICO NATIONAL JUNIOR TEAM	COPA AMERICA'S 2012
DANIELA GONZALEZ PINERO	ARGENTINA NATIONAL JUNIOR TEAM	SOUTH AMERICA JUNIOR CHAMPIONSHIPS 2015
VICTORIA BERGELI	NORWAY NATIONAL JUNIOR TEAM	EUROPEAN JUNIOR CHAMPIONSHIPS 2019
SEAN MCNICHOLL	IRELAND NATIONAL JUNIOR TEAM	EUROPEAN JUNIOR CHAMPIONSHIPS 2019
SOPHIA DUMONT	SWITZERLAND NATIONAL JUNIOR TEAM	EUROPEAN JUNIOR CHAMPIONSHIPS 2021
HENRY BAKER	GREAT BRITAIN JUNIOR TEAM	EUROPEAN JUNIOR CHAMPIONSHIPS 2021
OSCAR BILBAO	GREAT BRITAIN JUNIOR TEAM	EUROPEAN JUNIOR CHAMPIONSHIPS 2022, 2023
CLOTHIELD MULLER	FIJI JUNIOR NATIONAL TEAM	JUNIOR PAN PACIFIC CHAMPIONSHIPS 2022

## FINA WORLD CUP

SARRA LAJNEF	TUNISIA NATIONAL SENIOR TEAM	FINA WORLD CUP 2013
ANOUQUE BERGHUIS	NETHERLANDS NATIONAL SENIOR TEAM	FINA WORLD CUP 2013
GRETA AGNEW	NEW ZEALAND NATIONAL TEAM	FINA WORLD CUP 2016
LUCY AGNEW	NEW ZEALAND NATIONAL TEAM	FINA WORLD CUP 2016
CAMERON MATTHEWS	SOUTH AFRICA NATIONAL TEAM	FINA WORLD CUP 2016
NICHOLAS RUTHERFOORD	SOUTH AFRICA NATIONAL TEAM	FINA WORLD CUP 2021

## REGIONAL INTERNATIONAL CHAMPIONSHIPS

YASMINE ALAMEDDINE	LEBANON NATIONAL JUNIOR TEAM	ARAB CHAMPIONSHIPS 2015
ALIA AL AHMED	UAE NATIONAL SENIOR TEAM	ARAB CHAMPIONSHIPS 2021
LI WEI LAW	MALAYSIA NATIONAL JUNIOR TEAM	SOUTH EAST ASIA JUNIOR CHAMPIONSHIPS 2019
AURELIE HONSBERGER	SWITZERLAND NATIONAL JUNIOR TEAM	REGIONAL INTERNATIONAL CHAMPIONSHIPS
NAIA LEGARDA	SPAIN NATIONAL JUNIOR TEAM	MEDITERRANEAN JUNIOR CUP 2021
JULIE SALAH	EGYPT NATIONAL SENIOR TEAM	ARAB CHAMPIONSHIPS 2021

## OTHER NATIONAL PROGRAMME SELECTIONS

JOSEPH PAGE		SWIM ENGLAND TALENT PATHWAY
BEATRICE VARLEY		SWIM ENGLAND TALENT PATHWAY
FINN PAGE		SWIM ENGLAND TALENT PATHWAY
ANNA MORGAN		SCOTTISH YOUTH PROGRAMME
ROSIE MORGAN		SCOTTISH YOUTH PROGRAMME
JADE QURSHA		SWIM WALES NATIONAL PROGRAMME
DANIELA COGSWELL		SWIM WALES NATIONAL PROGRAMME
ISIDORA PAVLESKA		MACEDONIAN NATIONAL TEAM



50m FREESTYLE					
JUNIOR	LONG COURSE	🕒 LEWIS BURRAS	22:62	NATIONAL WINTER SWIMMING CHAMPIONSHIPS 2017	13/12/2017
	SHORT COURSE	🕒 JOSEPH PAGE	22:06	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
OPEN	LONG COURSE	🕒 LEWIS BURRAS	22:62	NATIONAL WINTER SWIMMING CHAMPIONSHIPS 2017	13/12/2017
	SHORT COURSE	🕒 JOSEPH PAGE	22:06	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
100m FREESTYLE					
JUNIOR	LONG COURSE	🕒 VELIMIR STJEPANOVIC	49.56	EUROPEAN JUNIOR CHAMPIONSHIPS 2011	08/07/2011
	SHORT COURSE	🕒 LEWIS BURRAS	48.35	SPEEDO INVITATIONAL 2017	24/11/2017
OPEN	LONG COURSE	🕒 VELIMIR STJEPANOVIC	48.50	LUXEMBOURG EURO MEET 2016	29/01/2016
	SHORT COURSE	🕒 JOSEPH PAGE	48.12	SPEEDO INVITATIONAL 2020	27/11/2020
200m FREESTYLE					
JUNIOR	LONG COURSE	🕒 JAKUB KARL	1.50.51	EDINBURGH INTERNATIONAL MEET 2018	03/04/2018
	SHORT COURSE	🕒 JAKUB KARL	01.46.46	CZECH REPUBLIC SHORT COURSE CHAMPIONSHIPS 2017	26/11/2017
OPEN	LONG COURSE	🕒 VELIMIR STJEPANOVIC	01.45.78	EUROPEAN SWIMMING CHAMPIONSHIPS 2014	20/08/2014
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	01.42.48	FINA WORLD SHORT COURSE SWIMMING CHAMPIONSHIPS 2014	03/12/2014
400m FREESTYLE					
JUNIOR	LONG COURSE	🕒 VELIMIR STJEPANOVIC	03.52.85	NEW ZEALAND OPEN CHAMPIONSHIPS 2011	04/04/2011
	SHORT COURSE	🕒 JAKUB KARL	03.47.24	CZECH REPUBLIC SHORT COURSE CHAMPIONSHIPS 2017	26/11/2017
OPEN	LONG COURSE	🕒 VELIMIR STJEPANOVIC	03.45.66	EUROPEAN SWIMMING CHAMPIONSHIPS 2014	20/08/2014
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	03.38.17	FINA WORLD SHORT COURSE SWIMMING CHAMPIONSHIPS 2014	05/12/2014
800m FREESTYLE					
JUNIOR	LONG COURSE	🕒 LUCAS PETERS	8.13.46	NEXT GENERATION MEET HENGEL0 2021	27/06/2021
	SHORT COURSE	🕒 RAFAE SHAFI	8.09.72	IRISH NATIONAL WINTER CHAMPIONSHIPS SC	15/12/2022
OPEN	LONG COURSE	🕒 LUCAS PETERS	8.13.46	NEXT GENERATION MEET HENGEL0 2021	27/06/2021
	SHORT COURSE	🕒 RAFAE SHAFI	8.09.72	IRISH NATIONAL WINTER CHAMPIONSHIPS SC	15/12/2022
1500m FREESTYLE					
JUNIOR	LONG COURSE	🕒 RAFAE SHAFI	15:55.26	BRITISH SUMMER CHAMPIONSHIPS 2023	22/07/2023
	SHORT COURSE	🕒 RAFAE SHAFI	15:42.52	SWIM ENGLAND WINTER NATIONALS 2023	03/12/2022
OPEN	LONG COURSE	🕒 VELIMIR STJEPANOVIC	15.47.15	FINA WORLD CUP 2015	26/09/2015
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	14.50.92	FINA WORLD CUP 2014	28/10/2014
50m BUTTERFLY					
JUNIOR	LONG COURSE	🕒 SEAN MCNICHOLL	24.71	IRISH OPEN SWIMMING CHAMPIONSHIPS 2018	30/03/2018
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	24.56	FINA WORLD SHORT COURSE CHAMPIONSHIPS 2010	17/12/2010
OPEN	LONG COURSE	🕒 IVAN LENDJER	23.68	EUROPEAN SWIMMING CHAMPIONSHIPS 2014	20/08/2014
	SHORT COURSE	🕒 IVAN LENDJER	23.41	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2015	02/12/2015
100m BUTTERFLY					
JUNIOR	LONG COURSE	🕒 VELIMIR STJEPANOVIC	53.79	EUROPEAN JUNIOR CHAMPIONSHIPS 2011	10/07/2011
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	53.09	FINA WORLD SHORT COURSE CHAMPIONSHIPS 2010	15/12/2010
OPEN	LONG COURSE	🕒 IVAN LENDJER	52.64	LUXEMBOURG EURO MEET 2016	29/01/2016
	SHORT COURSE	🕒 IVAN LENDJER	51.03	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2015	02/12/2015
200m BUTTERFLY					
JUNIOR	LONG COURSE	🕒 VELIMIR STJEPANOVIC	01.57.40	FINA WORLD CHAMPIONSHIPS 2011	10/07/2011
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	01.57.18	FINA WORLD SHORT COURSE SWIMMING CHAMPIONSHIPS 2010	19/12/2010
OPEN	LONG COURSE	🕒 VELIMIR STJEPANOVIC	01.54.99	OLYMPIC GAMES 2012	30/07/2012
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	01.51.27	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2013	14/12/2013
50m BACKSTROKE					
JUNIOR	LONG COURSE	🕒 SEAN MCNICHOLL	26.90	IRISH OPEN SWIMMING CHAMPIONSHIPS 2018	30/03/2018
	SHORT COURSE	🕒 SEAN MCNICHOLL	25.68	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
OPEN	LONG COURSE	🕒 LAZAR ZLATIC	26.41	SERBIAN NATIONALS 2016	15/07/2016
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	25.19	SPEEDO INVITATIONAL 2014	07/11/2014
100m BACKSTROKE					
JUNIOR	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	57.89	WORLD JUNIOR CHAMPIONSHIPS 2019	20/08/2019
	SHORT COURSE	🕒 VISSESH PARAMESWAR	54.76	SPEEDO INVITATIONAL SC MEET	26/11/2023
OPEN	LONG COURSE	🕒 LAZAR ZLATIC	55.88	SERBIAN NATIONALS 2016	15/07/2016
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	53.93	SPEEDO INVITATIONAL 2014	07/11/2014
200m BACKSTROKE					
JUNIOR	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	02.05.59	ARGENTINA JUNIOR CHAMPIONSHIPS 2019	12/06/2019
	SHORT COURSE	🕒 LAITH SABBAH	2.02.19	IRISH NATIONAL WINTER CHAMPIONSHIPS SC	17/12/2022
OPEN	LONG COURSE	🕒 LAZAR ZLATIC	02.02.55	SERBIAN NATIONALS 2015	18/07/2015
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	01.55.84	FINA WORLD CUP 2014	05/10/2014
50m BREASTSTROKE					
JUNIOR	LONG COURSE	🕒 OSCAR BILBAO	28.60	COMMONWEALTH YOUTH GAMES	06/08/2023
	SHORT COURSE	🕒 CAMERON MATTHEWS	28.20	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
OPEN	LONG COURSE	🕒 OSCAR BILBAO	28.60	COMMONWEALTH YOUTH GAMES	06/08/2023
	SHORT COURSE	🕒 CAMERON MATTHEWS	28.20	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
100m BREASTSTROKE					
JUNIOR	LONG COURSE	🕒 OSCAR BILBAO	1.02.46	BRITISH SWIMMING CHAMPIONSHIPS 2023	04/04/2023
	SHORT COURSE	🕒 OSCAR BILBAO	1.00.41	ONTARIO JUNIOR INTERNATIONAL MEET	16/12/2022
OPEN	LONG COURSE	🕒 OSCAR BILBAO	1.02.46	BRITISH SWIMMING CHAMPIONSHIPS 2023	04/04/2023
	SHORT COURSE	🕒 OSCAR BILBAO	1.00.41	ONTARIO JUNIOR INTERNATIONAL MEET	16/12/2022
200m BREASTSTROKE					
JUNIOR	LONG COURSE	🕒 OSCAR BILBAO	2:15.57	COMMONWEALTH YOUTH GAMES 2023	06/08/2023
	SHORT COURSE	🕒 OSCAR BILBAO	2:11.72	ONTARIO JUNIOR INTERNATIONAL MEET	16/12/2022
OPEN	LONG COURSE	🕒 OSCAR BILBAO	2:15.57	COMMONWEALTH YOUTH GAMES 2023	06/08/2023
	SHORT COURSE	🕒 OSCAR BILBAO	2:11.72	ONTARIO JUNIOR INTERNATIONAL MEET	16/12/2022
100m INDIVIDUAL MEDLEY					
JUNIOR	SHORT COURSE	🕒 JAKUB KARL	57.33	CZECH WINTER NATIONALS 2015	12/12/2015
OPEN	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	56.23	HAMILTON AQUATICS DUBAI SHORT COURSE 2015	23/10/2015
200m INDIVIDUAL MEDLEY					
JUNIOR	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	02.05.20	ARGENTINA JUNIOR CHAMPIONSHIPS 2019	12/06/2019
	SHORT COURSE	🕒 JOAQUIN GONZALEZ-PINERO	02.02.84	SPEEDO INVITATIONAL 2018	23/11/2018
OPEN	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	02.05.20	ARGENTINA JUNIOR CHAMPIONSHIPS 2019	12/06/2019
	SHORT COURSE	🕒 JOAQUIN GONZALEZ-PINERO	02.02.84	SPEEDO INVITATIONAL 2018	23/11/2018
400m INDIVIDUAL MEDLEY					
JUNIOR	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	04.31.61	WORLD JUNIOR CHAMPIONSHIPS 2019	20/08/2019
	SHORT COURSE	🕒 JAKUB KARL	04.29.11	FINA WORLD CUP 2016	04/10/2016
OPEN	LONG COURSE	🕒 JOAQUIN GONZALEZ-PINERO	04.31.61	WORLD JUNIOR CHAMPIONSHIPS 2019	20/08/2019
	SHORT COURSE	🕒 VELIMIR STJEPANOVIC	04.28.95	HAMILTON AQUATICS DUBAI SHORT COURSE 2013	25/10/2013

50m FREESTYLE						
JUNIOR	LONG COURSE	🕒	VICTORIA BERGELI	25.93	EUROPEAN JUNIOR CHAMPIONSHIPS 2019	03/07/2019
	SHORT COURSE	🕒	DANIELA COGSWELL	25.37	SPEEDO INVITATIONAL 2020	27/11/2020
OPEN	LONG COURSE	🕒	VICTORIA BERGELI	25.93	EUROPEAN JUNIOR CHAMPIONSHIPS 2019	03/07/2019
	SHORT COURSE	🕒	DANIELA COGSWELL	25.37	SPEEDO INVITATIONAL 2020	27/11/2020
100m FREESTYLE						
JUNIOR	LONG COURSE	🕒	DANIELA COGSWELL	57.25	MIDDLE EAST OPEN & JUNIOR CHAMPIONSHIPS 2020	14/02/2020
	SHORT COURSE	🕒	DANIELA COGSWELL	55.47	SPEEDO INVITATIONAL 2020	27/11/2020
OPEN	LONG COURSE	🕒	EMILY PECK	56.96	SCOTTISH NATIONAL AGE GROUPS 2019	27/03/2019
	SHORT COURSE	🕒	DANIELA COGSWELL	55.47	SPEEDO INVITATIONAL 2020	27/11/2020
200m FREESTYLE						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	02.02.87	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	01.59.93	SPEEDO INVITATIONAL 2019	29/11/2019
OPEN	LONG COURSE	🕒	BEA VARLEY	02.02.87	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	01.59.93	SPEEDO INVITATIONAL 2019	29/11/2019
400m FREESTYLE						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	04.15.54	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	04.11.71	SPEEDO INVITATIONAL 2019	29/11/2019
OPEN	LONG COURSE	🕒	BEA VARLEY	04.15.54	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	04.11.71	SPEEDO INVITATIONAL 2019	29/11/2019
800m FREESTYLE						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	08.54.15	EURO MEET 2020	24/01/2020
	SHORT COURSE	🕒	BEA VARLEY	08.52.87	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
OPEN	LONG COURSE	🕒	BEA VARLEY	08.54.15	EURO MEET 2020	24/01/2020
	SHORT COURSE	🕒	BEA VARLEY	08.52.87	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
1500m FREESTYLE						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	17:05:26	HAMILTON AQUATICS SUMMER SIZZLER 2019	21/06/2019
	SHORT COURSE	🕒	NADINE KARIM	17:19.69	HAMILTON SHORT COURSE 22	22/10/2022
OPEN	LONG COURSE	🕒	BEA VARLEY	17:05:26	HAMILTON AQUATICS SUMMER SIZZLER 2019	21/06/2019
	SHORT COURSE	🕒	NADINE KARIM	17:19.69	HAMILTON SHORT COURSE 22	22/10/2022
50m BUTTERFLY						
JUNIOR	LONG COURSE	🕒	DANIELA GONZALEZ-PINERO	27.67	SOUTH AMERICAN JUNIOR SWIMMING CHAMPIONSHIPS 2017	18/04/2017
	SHORT COURSE	🕒	ROSIE MORGAN	27.49	HAMILTON AQUATICS SUPER SPRINT MEET 2018	28/09/2018
OPEN	LONG COURSE	🕒	DANIELA GONZALEZ-PINERO	27.67	SOUTH AMERICAN JUNIOR SWIMMING CHAMPIONSHIPS 2017	18/04/2017
	SHORT COURSE	🕒	ROSIE MORGAN	27.49	HAMILTON AQUATICS SUPER SPRINT MEET 2018	28/09/2018
100m BUTTERFLY						
JUNIOR	LONG COURSE	🕒	VICTORIA BERGELI	01.02.30	EUROPEAN JUNIOR CHAMPIONSHIPS 2019	03/07/2019
	SHORT COURSE	🕒	ROSIE MORGAN	01.01.07	SPEEDO INVITATIONAL 2017	24/11/2017
OPEN	LONG COURSE	🕒	VICTORIA BERGELI	01.02.30	EUROPEAN JUNIOR CHAMPIONSHIPS 2019	03/07/2019
	SHORT COURSE	🕒	ROSIE MORGAN	01.01.07	SPEEDO INVITATIONAL 2017	24/11/2017
200m BUTTERFLY						
JUNIOR	LONG COURSE	🕒	AURELIE HONSBERGER	02.21.66	MIDDLE EAST OPEN & JUNIOR CHAMPIONSHIPS 2020	14/02/2020
	SHORT COURSE	🕒	ROSIE MORGAN	02.16.88	SPEEDO INVITATIONAL 2017	24/11/2017
OPEN	LONG COURSE	🕒	AURELIE HONSBERGER	02.21.66	MIDDLE EAST OPEN & JUNIOR CHAMPIONSHIPS 2020	14/02/2020
	SHORT COURSE	🕒	ROSIE MORGAN	02.16.88	SPEEDO INVITATIONAL 2017	24/11/2017
50m BACKSTROKE						
JUNIOR	LONG COURSE	🕒	DANIELA COGSWELL	29.67	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	DANIELA COGSWELL	28.12	SWIM ENGLAND WINTER NATIONALS 2018	29/11/2019
OPEN	LONG COURSE	🕒	DANIELA COGSWELL	29.67	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	DANIELA COGSWELL	28.12	SPEEDO INVITATIONAL 2019	29/11/2019
100m BACKSTROKE						
JUNIOR	LONG COURSE	🕒	GRETA AGNEW	01.04.22	NEW ZEALAND OPEN CHAMPIONSHIPS 2017	03/04/2017
	SHORT COURSE	🕒	DANIELA COGSWELL	01.01.46	SPEEDO INVITATIONAL 2019	29/11/2019
OPEN	LONG COURSE	🕒	EMILY PECK	01.02.72	SCOTTISH NATIONAL AGE GROUPS 2019	27/03/2019
	SHORT COURSE	🕒	DANIELA COGSWELL	01.01.46	SPEEDO INVITATIONAL 2019	29/11/2019
200m BACKSTROKE						
JUNIOR	LONG COURSE	🕒	LUCY AGNEW	02.17.16	HAMILTON AQUATICS DUBAI OPEN 2016	11/02/2016
	SHORT COURSE	🕒	GRETA AGNEW	02.13.03	SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2017	08/12/2017
OPEN	LONG COURSE	🕒	LUCY AGNEW	02.17.16	HAMILTON AQUATICS DUBAI OPEN 2016	11/02/2016
	SHORT COURSE	🕒	GRETA AGNEW	02.13.03	SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2017	08/12/2017
50m BREASTSTROKE						
JUNIOR	LONG COURSE	🕒	MOLLY MAYNE	32.25	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	MOLLY MAYNE	31.90	HAMILTON AQUATICS SUPER SPRINT MEET 2019	27/09/2019
OPEN	LONG COURSE	🕒	MOLLY MAYNE	32.25	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	MOLLY MAYNE	31.90	HAMILTON AQUATICS SUPER SPRINT MEET 2019	27/09/2019
100m BREASTSTROKE						
JUNIOR	LONG COURSE	🕒	MOLLY MAYNE	01.09.59	EUROPEAN YOUTH OLYMPIC FESTIVAL 2019	26/07/2019
	SHORT COURSE	🕒	MOLLY MAYNE	01.06.21	IRISH NATIONAL WINTER CHAMPIONSHIPS	15/12/2022
OPEN	LONG COURSE	🕒	MOLLY MAYNE	01.09.59	EUROPEAN YOUTH OLYMPIC FESTIVAL 2019	26/11/2019
	SHORT COURSE	🕒	MOLLY MAYNE	01.06.21	IRISH NATIONAL WINTER CHAMPIONSHIPS	15/12/2022
200m BREASTSTROKE						
JUNIOR	LONG COURSE	🕒	MOLLY MAYNE	02.30.06	EUROPEAN YOUTH OLYMPIC FESTIVAL 2019	26/07/2019
	SHORT COURSE	🕒	MOLLY MAYNE	02.29.46	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2019	04/12/2019
OPEN	LONG COURSE	🕒	MOLLY MAYNE	02.30.06	EUROPEAN YOUTH OLYMPIC FESTIVAL 2019	26/07/2019
	SHORT COURSE	🕒	MOLLY MAYNE	02.29.46	EUROPEAN SHORT COURSE CHAMPIONSHIPS 2019	04/12/2019
100m INDIVIDUAL MEDLEY						
JUNIOR	SHORT COURSE	🕒	ROSIE MORGAN	01.03.21	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
OPEN	SHORT COURSE	🕒	ROSIE MORGAN	01.03.21	SWIM ENGLAND WINTER NATIONALS 2018	14/12/2018
200m INDIVIDUAL MEDLEY						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	02.18.29	1ST SWIMMING COMMUNITY PERFORMANCE CHAMPIONSHIP 2021	04/09/2021
	SHORT COURSE	🕒	MOLLY MAYNE	02.16.39	IRISH SHORT COURSE 2019	12/12/2019
OPEN	LONG COURSE	🕒	BEA VARLEY	02.18.29	1ST SWIMMING COMMUNITY PERFORMANCE CHAMPIONSHIP 2021	04/09/2021
	SHORT COURSE	🕒	MOLLY MAYNE	02.16.39	IRISH SHORT COURSE 2019	12/12/2019
400m INDIVIDUAL MEDLEY						
JUNIOR	LONG COURSE	🕒	BEA VARLEY	04.54.77	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	04.43.20	SPEEDO INVITATIONAL 2019	29/11/2019
OPEN	LONG COURSE	🕒	BEA VARLEY	04.54.77	MIDDLE EAST OPEN CHAMPIONSHIPS 2021	04/02/2021
	SHORT COURSE	🕒	BEA VARLEY	04.43.20	SPEEDO INVITATIONAL 2019	29/11/2019



## | Pathways

The Hamilton Aquatics squad structure is developed in line with our Long Term Athlete Development Plan and forms four pathways to allow an opportunity for each swimmer to develop and swim in line with their correct age, ability, commitment, goals and potential.

## | Performance Pathway

### **Responsible:**

- Director Of Swimming – Stuart Sant
- Head Performance Age Group Coach – Jack Hepburn

**Squads:** Elite Squad, Performance Youth Squad, Performance Age Squad, Junior Plus Squad & Performance Junior Squad.

**Goal:** To offer an opportunity to every swimmer who aims to achieve at a national or international level by providing them with the correct training environment, world class coaching services, fantastic facilities and diligent training plans aimed at individual goals. All of this will be delivered in line with our LTAD plan, aiming to get swimmers on national and international podiums.

## **| Competition Pathway**

**Responsible:** Lead Competition Pathway Coach – Katie Baxa

**Squads:** Competition Youth Squad, Competition Age Squad, Competition Junior Squad & Select Squad.

**Goal:** To give competitive opportunities to swimmers who may be late developers in swimming, but still have good long term potential and also to swimmers who are already performing competitively but may not wish to make the full commitment of a performance level swimmer. The environment will be created to enable all swimmers to improve and also be individual goal focused.

## **| Development Pathway**

**Responsible:** Head of Development – Tristan Gatcum

**Squads:** Potential Squads, Development Squads and Foundation Squads.

**Goal:** To develop the necessary skills, in and out of the pool to enable swimmers of all ages and abilities to fulfil their long term potential. The training plans and daily focus will be delivered with LTAD as the vision to allow swimmers to develop in a fun, safe, team orientated, learning environment. Coaches will be meticulous in their approach, offering constant technical feedback and motivation to the swimmers, to help them achieve their long term goals.

## **| Club Pathway**

**Responsible:** Club Squads Manager – Davor Zigic and Alex Gray.

**Squads:** Club Orange Squads, Club Black Squads.

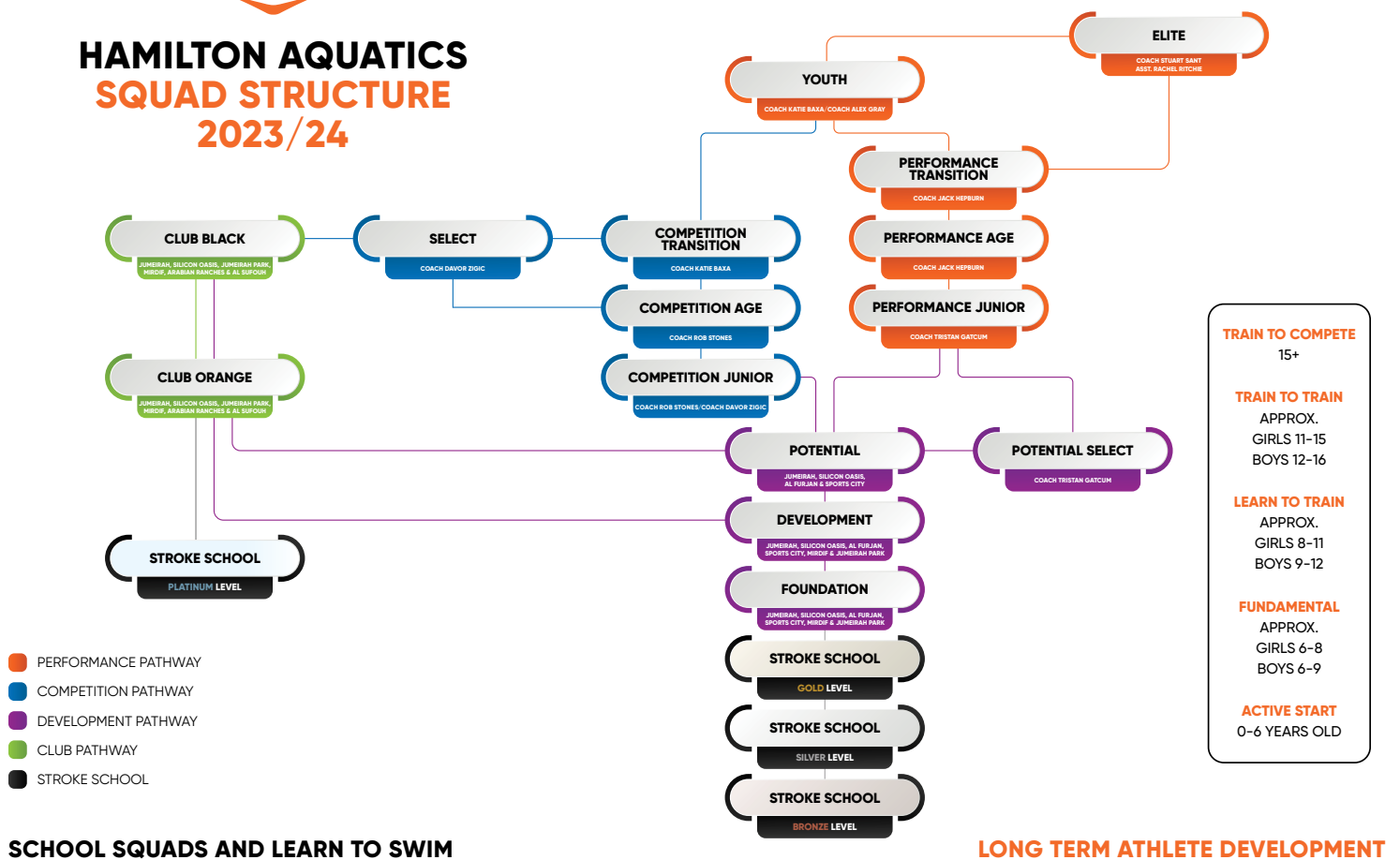
**Goal:** To allow for both late swimming developers and swimmers of less swimming commitment to train as part of a fun and progressive environment. Training will be delivered with individual goals in mind, ensuring that each swimmer gets to improve and enjoy their swimming. Coaches will be passionate and motivated to work with swimmers who wish to take their swimming further and want to compete or progress into higher squads in the future.

# Squad Structure

Below is the squad structure for the 2023/2024 season. The squad structure clearly shows each pathway, squad and progression for swimmers and parents to understand.

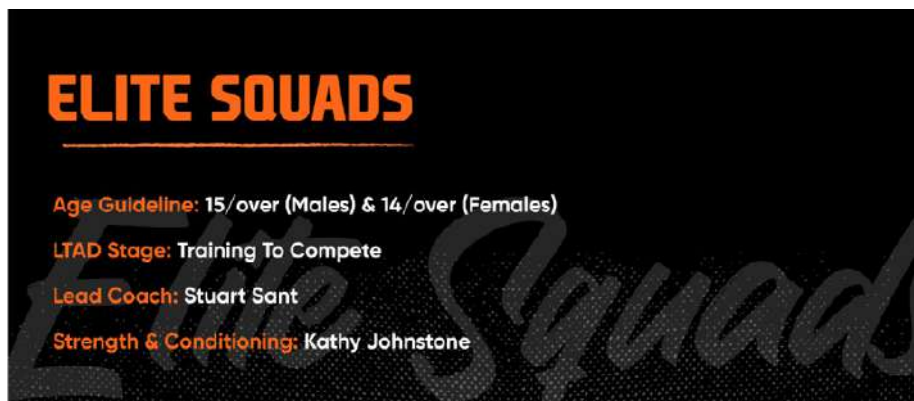


## HAMILTON AQUATICS SQUAD STRUCTURE 2023/24



For a bigger copy, please check our website or email  
squads@hamiltonaquatics.ae

## | Elite Squads



### Aim:

The aim of the Elite Squad is to create an elite training environment with individually tailored plans aiming to support and achieve podium performances at home National Championships and selections for Junior or Senior International teams.

### Other Information:

Assistant Coaches -Rachel Ritchie and Dejan Pejcinovic.

Training venues -GEMS World Academy, GEMS Wellington Academy  
Al Khail & Warehouse Gym

### Equipment:

Full HA Team Kit HR monitor, Kickboard, Alignment Kickboard, Pullbouy, Fins, FINIS Agility Paddles, Finger Paddles, Drinks Bottles, Snorkel, Cap, Goggles, Costume, Skipping Rope, Band, Mesh Bag, Yoga Mat & Trigger Point Ball.

Please note that athletes are expected to maintain their equipment and ensure that they have the correct equipment to complete sessions to the optimum level

### **Squad Invitations:**

Swimmers will be invited into Elite Squad in line with training cycles and individual needs. If a swimmer achieves the criteria, places will be reviewed and communicated accordingly at the right time. Existing members of the Elite Squad must maintain the criteria set out to retain their place in the squad.

All squad placements will be discussed by the Performance coaching team, with the final decision being made by the Director Of Swimming / Lead Coach of the Elite Squad.

By accepting your place within the Elite Squad, you are making a full commitment to the below bullet points.

If you cannot commit to the below standards, then you should look to make alternative arrangements. A failure to meet the below requirements may result in a swimmer being removed from the squad.

A place within Elite Squad is a privilege, not a right. Swimmers who do not uphold the standards of Elite Squad will be offered a place in a separate squad.

### **Minimum Commitment:**

- Elite Squad is for swimmers with no other commitments or distractions other than school.
- Proven training attendance in previous or current squad/club of a minimum of 7 sessions per week.
- Commitment to a minimum of 8 sessions per week in Elite Squad.
- Attend any competition stipulated by the coach unless there is a National or International competition on the same dates.
- During final exams, swimmers will still be expected to do at least 50% of their normal training week.
- Swimmers are expected to balance a full training commitment when there are school 'tests' or 'mocks' unless these are for final academic grades.

### **Athlete Behaviours:**

- Swimmers must demonstrate Hamiltonian values of Pride, Respect, Excellence, Positivity and Unity on a daily basis.
- Swimmers must take responsibility for their performance lifestyle. Those who continually make choices contrary to this, will be asked to leave the squad.
- Swimmers must demonstrate 'Gold Medal Standards' on a daily basis. Please see the attached document.
- Swimmers must show a good attitude and willingness to learn.
- Swimmers must develop clear and effective communication with the coaches.
- Swimmers must be fully accountable for their swimming.
- Swimmers must be fully accountable and proactive with their injury prevention exercises.
- Each swimmer must develop leadership skills, act as a good role model and always be a team player.
- Each swimmer is expected to address problems in a proactive manner with the necessary people. A culture of complaining without addressing issues will not be tolerated within Elite Squad.



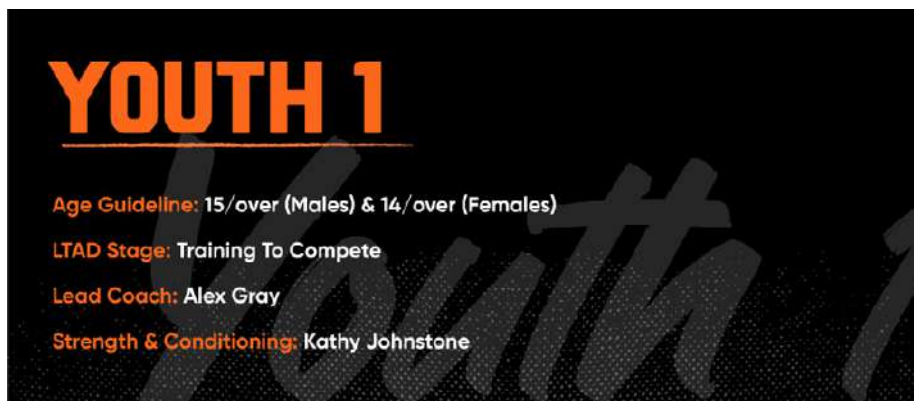
**Minimum Training Standards:**

- Males: 4:20 for 400m Freestyle & 2:20 for 200m IM SC
- Females: 4:40 for 400m Freestyle & 2:27 for 200m IM SC
- Kick average below 1:30 for specific Kick Test sets
- Ability to hold good efficiency and technique during more demanding training sets
- Ability to hold good turn skills and underwaters during more demanding training sets
- Ability and willingness to swim all strokes and distances in training
- Proven to be safe and with the correct technique in land training and in the gym environment

**Minimum Training Standards:**

- Coaches discretion based on talent identification and long term potential.
- Coaches discretion based on National Team selection and international opportunities.
- Coaches discretion based on current or previous injury history.

## Youth One



### Aim:

To create a performance training environment where swimmers are coached to be accountable, resilient and robust.

Swimmers in this squad will be aiming to achieve podium performance at home National Championships, supported with individually tailored plans including strength and conditioning sessions, gym, nutritional advice and sports science. This squad is for swimmers with no other commitments or distractions other than school.

### Squad Commitment Criteria:

- To be considered for this squad swimmers must be attending a minimum of 7 sessions per week in their current squad.
- Swimmers will be expected to maintain a minimum attendance of 7 sessions per week throughout the season (48 weeks), however swimmers are advised to train as much as they can to help achieve their goals.
- Swimmers must maintain a minimum of 50% attendance during final exams. For mock or school exams swimmers are expected to maintain full attendance.
- Swimmers must wear current and up to date team kit.

### **Squad Commitment Criteria (continued):**

- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviours on a daily basis.

### **Training Criteria:**

- Swim all strokes over all distances in training and competition.
- Perform all exercises set out by the Strength & Conditioning Coach with the correct technique.
- Male: Swim 3x300 freestyle on 4:00 maintaining good technique and skills and average 1:40 or faster for a specific 1000m kick test set.
- Female: Swim 3x300 freestyle on 4:15 maintaining good technique and skill and average 1:45 or faster for 1000m kick test set.

### **Equipment:**

Swimmers are required to have all of the items listed and should bring them to every session: Kickboard, Pullbouy, Fins, Snorkel, Finger Paddles, Hand (Medium) Paddles, Large Paddles, Small and Large Parachutes, Theraband, Foam Roller, Trigger Point Ball, Exercise Mat

### **Competitions:**

Swimmers must attend all local (UAE) competitions stipulated by the coach unless there is a National or International competition on the same dates. A competition calendar will be provided at the start of the year to ensure competition dates are kept clear.

Swimmers will also be expected to attend either Scottish National Age Groups (SNAGS), Irish Summer Nationals (ISN) or an equivalent championship style meet (minimum 5 days with heats and finals) during the season. As these are overseas competitions, families will have to budget for the trips.

### **Competitions (continued):**

Attending these competitions is vital in preparing swimmers for possible international representation where competitions are usually 5 or more days with heats and finals.

### **Additional Criteria:**

- Current Squad members who have joined from another club and are meeting the attendance criteria will be exempt from training and performance criteria for their first 6 months within the Youth One Squad
- Consideration will be given to current or previous injury and medical treatments when offering places to the Youth One Squad.

## Youth Two



### Aim:

To create a performance training environment where swimmers are coached to be accountable, resilient and robust.

Swimmers in this squad will be aiming to achieve good performance at home National Championships, supported with individually tailored plans including strength and conditioning sessions, gym, nutritional advice and sports science. This squad is for swimmers with no other commitments or distractions other than school.

### Squad Commitment Criteria:

- To be considered for this squad swimmers must be attending a minimum of 6 sessions per week in their current squad.
- Swimmers will be expected to maintain a minimum attendance of 6 sessions per week throughout the season (48 weeks), however swimmers are advised to train as much as they can to help achieve their goals.
- Swimmers must maintain a minimum of 50% attendance during final exams. For mock or school exams swimmers are expected to maintain 75% attendance.
- Swimmers must wear current and up to date team kit.

### **Squad Commitment Criteria (continued):**

- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviours on a daily basis

### **Training Criteria:**

- Swim all strokes over all distances in training and competition.
- Perform all exercises set out by the Strength & Conditioning Coach with the correct technique.
- Male: Swim all distances in training maintaining good technique and skills and average 1:50 or faster for a specific 1000m kick test set.
- Female: Swim all distances in training maintaining good technique and skill and average 1:55 or faster for 1000m kick test set.

### **Equipment:**

Swimmers are required to have all of the items listed and should bring them to every session: Kickboard, Pullbouy, Fins, Snorkel, Finger Paddles, Hand (Medium) Paddles, Large Paddles, Small and Large Parachutes, Theraband, Foam Roller, Trigger Point Ball, Exercise Mat.

### **Competitions:**

Swimmers must attend all local (UAE) competitions stipulated by the coach unless there is a National or International competition on the same dates. A competition calendar will be provided at the start of the year to ensure competition dates are kept clear.

Swimmers will also be expected to attend an overseas trip during the season. This can be either the UK Trip at Spring Break or Irish Summer Nationals (ISN) in July. Families will have to budget for these trips.

### **Additional Criteria:**

- Current Squad members who have joined from another club and are meeting the attendance criteria will be exempt from training and performance criteria for their first 6 months within the Youth Two Squad
- Consideration will be given to current or previous injury and medical treatments when offering places to the Youth Two Squad



## | Performance Transition



### Aim:

The aim of the Performance Transition Squad is to create a performance training environment to enable a correct pathway into youth and senior swimming in line with the long-term athlete development plan but along the way ensuring maximum performance to an age group national championship level.

The swimming will be supported by services such as strength and conditioning sessions, psychology and nutritional advice. This squad is for swimmers with no other commitments or distractions other than school.

### Other Information:

Assistant Coaches – Stuart Sant, Rachel Ritchie, Development Bassel Hamadeh & Tristan Gatum.

Training venues – GEMS Wellington Academy Al Khail, GEMS World Academy, GEMS Dubai American Academy & Warehouse Gym Al Quoz.

### **Squad Commitment Criteria:**

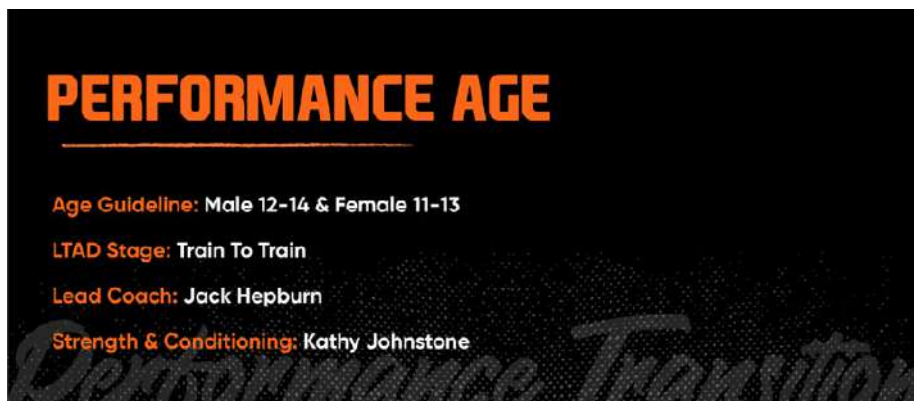
- Long term potential to compete at a Junior or Senior international level.
- Full commitment to swimming competition and training.
- Great attitude, commitment, communication, racing and training ability.
- Ability to swim all strokes over all distances in training and competition.
- Execute good technique and drills across all four strokes.
- Kick average under 1.40 per 100m (Based on 400, 300, 200, 100 kick test set)
- Males – Perform 1 x 200m IM in under 2.35 and 1 x 400m Free under 4.45
- Females – Perform 1 x 200m IM in under 2.40 and 1 x 400m Free under 4.50
- Capable of performing exercises set out by the Lead S&C Coach with the correct technique on land and in the gym.
- Coaches discretion based on talent identification and long term potential.
- All swimmers must wear current and up to date team kit.
- Demonstrate good examples of the HA core values and performance behaviors on a daily basis.

### **Equipment:**

Full HA Team Kit HR monitor, Kickboard, Alignment Kickboard, Pullbouy, Fins, FINIS Agility Paddles, Finger Paddles, Drinks Bottles, Snorkel, Cap, Goggles, Costume, Skipping Rope, Band, Mesh Bag, Yoga Mat & Trigger Point Ball.

Please note that athletes are expected to maintain their equipment and ensure that they have the correct equipment to complete sessions to the optimum level

## | Performance Age



### Aim:

The aim of the Performance Age Squad is to create a performance training environment to enable a correct pathway into youth and senior swimming in line with the long-term athlete development plan but along the way ensuring maximum performance to an age group national championship level.

The swimming will be supported by services such as land sessions with our Strength and Conditioning coach. This squad is for swimmers with no other commitments or distractions other than school.

### Other Information:

Assistant Coaches – Stuart Sant, Rachel Ritchie, Bassel Hamadeh.

Training venues – GEMS Wellington Academy Al Khail, GEMS World Academy & GEMS Dubai American Academy.

## | Performance Junior



### Aim:

The aim of the Performance Junior Squad is to educate swimmers about the correct training and competitive pathways, continue to develop drills, stroke technique, starts and turns. The training environment remains fun, however a greater emphasis is placed on competition, training correctly and discipline. Swimmers will be aiming to compete and achieve at local and regional level whilst aspiring to compete in their home National Championships.

Swimmers who excel in this squad will progress to the Performance Age Squad depending on competition performance and training commitment. Swimmers will understand that their performance will be directly related to their effort and commitment and will be expected to take more responsibility for their own training.

### Other Information:

Training venues - GEMS Wellington Academy Al Khail, GEMS New Millennium Al Khail, GEMS International School Al Khail, GEMS Dubai American Academy.

### **Squad Commitment Criteria:**

- Commitment to your own competition and training.
- To swim all four strokes over all distances in training and competition.
- Execute good technique and drills across all four strokes.
- Complete 12 x 50 Kick on 1.00
- Perform 1 x 200m IM in under 3.05 and 1x200m Free under 2.45
- Capable of performing exercises with the correct technique on the land.
- Coach's discretion based on talent identification and long term potential.
- All swimmers must wear current and up to date team kit.
- Demonstrate good examples of the HA core values and performance behaviours daily.

### **Minimum Training Commitment:**

All swimmers in Performance Junior Squad must understand that this is a competitive squad and a minimum of 5 sessions per week must be attended for swimmers aged 11/under and a minimum of 6 sessions per week must be attended for swimmers aged 12/over. Swimmers who cannot make the training commitment should move to the Competition Pathway.

### **Competitions:**

All swimmers in Performance Junior Squad will be expected to attend regular competitions. Dates will be given at the start of the year to ensure your calendar is kept clear. These will include some overseas trips and as a result will mean families will have to budget for the trips.

### **Equipment:**

Kickboard, Alignment Kickboard, Pullbouy, Fins, FINIS Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, Cap, Goggles, Costume, Skipping Rope, Band, Mesh Bag, Land Training Mat

## Competition Transition



### Aim:

To create a performance training environment where swimmers are coached to be accountable, resilient and robust...

Swimmers in this squad will be aiming to achieve good performance at home National Championships, supported with individually tailored plans including strength and conditioning sessions, gym, nutritional advice and sports science. This squad is for swimmers with no other commitments or distractions other than school.

### Squad Commitment Criteria:

- To be considered for this squad swimmers must be attending a minimum of 6 sessions per week in their current squad.
- Swimmers will be expected to maintain a minimum attendance of 6 sessions per week throughout the season (46 weeks), however swimmers are advised to train as much as they can to help achieve their goals.
- Swimmers must wear current and up to date team kit.
- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviours on a daily basis.



### **Training Criteria:**

- Swim all strokes over all distances in training and competition.
- Perform all exercises set out by the Coach in land training sessions with the correct technique.
- Male: Swim all distances in training maintaining good technique and skills and average 1:55 or faster for a specific 1000m kick test set.
- Female: Swim all distances in training maintaining good technique and skill and average 1:55 or faster for 1000m kick test set.

### **Competitions:**

Swimmers must attend all local (UAE) competitions stipulated by the coach unless there is a National or International competition on the same dates. A competition calendar will be provided at the start of the year to ensure competition dates are kept clear.

Swimmers will also be expected to attend an overseas trip during the season. This can be either the UK Trip at Spring Break or Irish Summer Nationals (ISN) in July, or Age group allocated Summer Championship. Families will have to budget for these trips.

### **Equipment:**

Swimmers are required to have all of the items listed and should bring them to every session:

Kickboard, Pullbouy, Fins, Snorkel, Finger Paddles, Hand (Medium) Paddles, Theraband, Foam Roller, Trigger Point Ball, Exercise Mat.

## Competition Age



### Aim:

The aim of the Competition Age Squad is to give competitive opportunities to swimmers who may be late developers in swimming, but still have good long term potential and also to swimmers who are already performing competitively but may not wish to make the full commitment of a performance level swimmer. The environment will be created to enable all swimmers to improve and also be individual goal focused.

### Squad Commitment Criteria:

- Swimmers will be expected to maintain a minimum attendance of 5 sessions per week throughout the season (46 weeks), however swimmers are advised to train as much as they can to help achieve their goals.
- Swimmers must wear current and up to date team kit.
- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviours on a daily basis.

### **Training Criteria:**

- All swimmers in Competition Age Squad must understand that this is a competitive squad and a minimum of 5 sessions per week must be attended.
- Swim all four strokes over all distances in training and competition.
- Complete 12 x 50 Kick on 1.00
- Perform 1 x 200m IM in under 2.50 and 1x200m Free under 2.40
- Capable of performing exercises with the correct technique on the land

### **Competitions:**

All swimmers in Competition Age Squad will be expected to attend regular competitions.

### **Equipment:**

Snorkel, Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume, Theraband, Foam Roller & Yoga Mat.

## Competition Junior



### Aim:

The aim of the Competition Junior Squad is to give competitive opportunities to swimmers who may be late developers in swimming, but still have good long term potential and also to swimmers who are already performing competitively but may not wish to make the full commitment of a performance level swimmer. The environment will be created to enable all swimmers to improve and also be individual goal focused.

### Squad Commitment Criteria:

- All swimmers must wear current and up to date team kit.
- Capable of performing exercises with the correct technique on the land.
- Demonstrate good examples of the HA core values and performance behaviours on a daily basis

### **Training Criteria:**

- All swimmers in Competition Junior Squad must understand that this is a competitive squad and a minimum of 4 sessions per week must be attended.
- To swim all four strokes over all distances in training and competition.
- Execute good technique and drills across all four strokes.
- Complete 10 x 50 Kick on 1.10
- Perform 1 x 200m IM in under 3.00 and 1x200m Free under 2.45

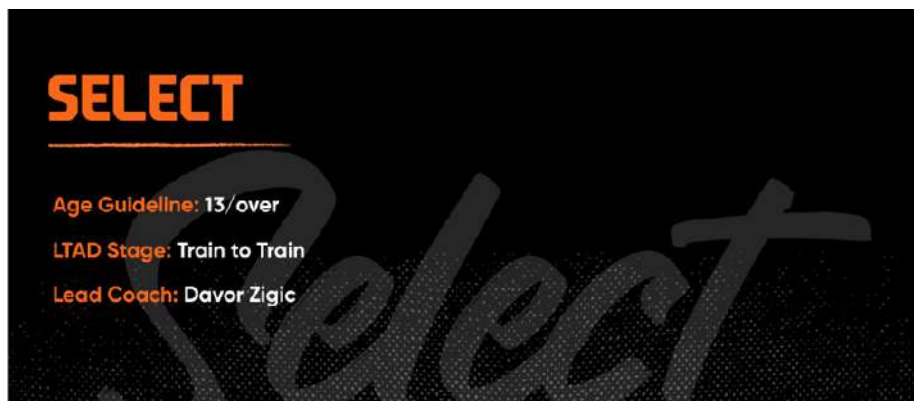
### **Competitions:**

All swimmers in Competition Junior Squad will be expected to attend regular competitions.

### **Equipment:**

Snorkel, Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume, Theraband & Yoga Mat.

## | Select



### Aim:

To create a competitive training environment where swimmers are coached to be accountable, resilient and well balanced.

Swimmers in this squad will be aiming to be competitive at target meets in UAE, and potentially home nation nationals. Swimmers will be learning how to balance their swimming with school commitments to allow them to excel both in and out of the pool while creating a team environment which complements our core values. This squad will provide a platform for individuals to move there training forward and provide an opportunity to progress into a higher level of swimming.

### Squad Commitment Criteria:

- To be considered for this squad swimmers must be consistently attending a minimum of 4 sessions per week in their current squad.
- Swimmers will be expected to maintain a minimum attendance of 4 sessions per week throughout the season (42 weeks), however swimmers are advised to train as much as they can to help achieve their goals (including summer).
- Swimmers must maintain a minimum of 3 sessions / week during final exams. For mock or school exams swimmers are expected to maintain full attendance.

### **Squad Commitment Criteria (continued):**

- Swimmers must wear current and up to date team kit.
- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviors daily.

### **Training Criteria:**

- Should be able to train on all 4 strokes.
- Should be training and able to compete in distances up to 400m Freestyle as well as 200 IM, and all distances of their form stroke.
- Expected to complete pre-pool before every session.
- Expected to perform basic land exercises to a good technical standard.
- To perform all swim sessions to a high technical standard as set out by the squad coach.

### **Equipment:**

Swimmers are required to have all of the items listed and should bring them to every session: Kickboard, Pullbouy, Fins, Snorkel, Finger Paddles, Hand Paddles (coach advise), Theraband, Foam Roller, Exercise Mat.

### **Competition:**

Swimmers must attend all local (UAE) competitions stipulated by the coach. A competition calendar will be provided at the start of the year to ensure competition dates are kept clear. Attending these competitions is vital in preparing swimmers for target meets throughout the year which will be communicated by the squad coach.



## | Potential Select



### Aim:

The aim of the Potential Squad is to educate swimmers about the correct training pathways and develop drills, stroke technique, starts and turns. The training environment remains fun, however the introduction of how to compete, win and lose with respect for rules and officials is emphasized with swimmers aiming to compete and achieve at a local and regional level. Swimmers will be introduced to land work exercises to help strengthen and prevent injuries.

The natural progression for ambitious, talented, and committed swimmers will be the Performance Pathway and Competition Pathway. Swimmers who cannot commit to this level should look at the Club Pathway as the best training environment for them.

### Other Information:

Training venues – GEMS Wellington Academy Al Khail, GEMS New Millennium Al Khail, GEMS International School Al Khail, GEMS Dubai American Academy.

### **Squad Commitment Criteria:**

- Swimmers shall be talent identified by the Head of Development based on competition performance, training ability, commitment, long term potential, listening skills and behaviour.
- Commitment to competition and training.
- Swim all four strokes over all distances in training and competition.
- Execute good technique and drills across all four strokes.
- Complete 10 x 50 Kick on 1.15
- Perform 1 x 200m IM in under 3.30 and 1 x 200m free under 3.15
- Capable of performing exercises with the correct technique on the land.
- Coach's discretion based on talent identification and long-term potential.
- All swimmers must wear current and up to date team kit.
- Demonstrate good examples of the HA core values and performance behaviours on a daily basis.

### **Minimum Training Commitment:**

All swimmers in Potential Squad should aim to attend a minimum of 4 sessions per week to improve and progress. Swimmers looking to move to the Performance Pathway should attend a 5 sessions per week to be considered.

### **Competitions:**

All swimmers in Potential Squad will be expected to attend regular competitions. Those who cannot commit to competitions should move to the Club Pathway.

### **Equipment:**

Kickboard, Pullbuoy, Fins, Finger Paddles, 2 x Drinks Bottles, Snorkel, Cap, Goggles, Costume, Skipping Rope, Band, Mesh Bag.

## | Potential Squad



### Aim:

The aim of the Potential Squad is to educate swimmers about the correct training pathways and develop drills, stroke technique, starts and turns. The training environment remains fun, however the introduction of how to compete, win and lose with respect for rules and officials is emphasized with swimmers aiming to compete and achieve at a local and regional level. Swimmers will be introduced to land work exercises to help strengthen and prevent injuries.

The natural progression for ambitious, talented, and committed swimmers will be the Performance Pathway and Competition Pathway. Swimmers who cannot commit to this level should look at the Club Pathway as the best training environment for them.

### Training Venues and Coaches:

- Safa Community (Stuart Gordon),
- Jumeirah College (Yessica Castano),
- Warehouse Gym, Jumeirah Park (Emily Barclay),
- Silicon Oasis & Al Warqa (Bassel Hamadeh)

### **Squad Commitment Criteria:**

- Swimmers shall be talent identified by the area Development Coach into the Potential Squad based on competition performance, training ability, commitment, long term potential and listening skills and behaviour.
- Commitment to competition and training.
- Swim all four strokes over all distances in training and competition.
- Execute good technique and drills across all four strokes.
- Complete 10 x 50 Kick on 1.15
- Perform 1 x 200m IM in under 3.30 and 1 x 200m free under 3.15
- Capable of performing exercises with the correct technique on the land.
- Coaches discretion based on talent identification and long term potential.
- All swimmers must wear current and up to date team kit.
- Demonstrate good examples of the HA core values and performance behaviours on a daily basis.

### **Minimum Training Commitment:**

All swimmers in Potential Squad should aim to attend a minimum of 4 sessions per week to improve and progress. Swimmers looking to move to the Performance Pathway should attend a 5 sessions per week to be considered.

### **Competitions:**

All swimmers in Potential Squad will be expected to attend regular competitions. Those who cannot commit to competitions should move to the Club Pathway.

### **Equipment:**

Kickboard, Pullbuoy, Fins, Finger Paddles, 2 x Drinks Bottles, Snorkel, Cap, Goggles, Costume, Skipping Rope, Band, Mesh Bag

## | Development Squads



### Aim:

The aim of the Development Squads is to promote good sportsmanship, encourage competition, and develop stroke technique and skills, in a fun environment. The natural progression from this squad will be the Potential Squad if talent identified by the Development Coach. Swimmers who cannot commit to the training should look at the Club Pathway.

### Training Venues and Coaches:

- Safa Community (Stuart Gordon),
- Jumeirah College (Yessica Castano),
- Warehouse Gym, Jumeirah Park (Emily Barclay),
- Silicon Oasis & Al Warqa (Bassel Hamadeh)

### **Squad Commitment Criteria:**

- Swimmers shall be talent identified by the area Development  
Perform 200m of good technique Freestyle, 100m of good technique Backstroke, 100m of good technique Breaststroke and 50m of competent Butterfly. All of this will be at the coach's discretion.
- Good tumble turns on Freestyle and Backstroke.
- Streamline and dolphin kicks on each push off.
- Basic lane discipline, e.g. using pace clock, streamlining, following instructions, leaving five second gaps in between each swimmer, attitude, application and execution.
- Regularly attend Hamilton First Series and/or Development Galas
- Commit to the required number of training sessions.

### **Minimum Training Commitment:**

All swimmers should attend a minimum of 2 sessions per week. Ideally older swimmers in the group should be attending 3 sessions per week to develop further and must be doing 3-4 sessions to be considered for Potential squads.

### **Competitions:**

All swimmers in Development Squad will be expected to attend competitions. It is important that swimmers get exposure to all levels of competition to aid their development.

### **Equipment:**

Snorkel, Kickboard, Pullbuoy, Fins, 2 x Drinks Bottles, Cap, Goggles, Costume, Mesh Bag.

## | Foundation Squads



### Aim:

The aim of the Foundation Squads is to introduce young swimmers to competitive swimming whilst promoting good sportsmanship, encouraging competition and developing stroke technique skills, in a fun environment. The natural progression from this squad will be the Development Squad. Swimmers who cannot commit to the training or do not want to be involved with competitive swimming should look at the Club Pathway.

### Training Venues and Coaches:

- Safa Community (Stuart Gordon),
- Jumeirah College (Yessica Castano),
- Warehouse Gym, Jumeirah Park (Emily Barclay),
- Silicon Oasis & Al Warqa (Bassel Hamadeh)



### **Squad Commitment Criteria:**

- 100m of good technique Freestyle, 50m of good technique Backstroke, 50m of good technique Breaststroke and 25m Butterfly. All of this will be at the coaches discretion.
- Attempt of tumble turns on Freestyle and Backstroke.
- Streamline and attempt dolphin kicks on each push off.
- Basic understanding on how to use a clock and swimming with a group.
- Regularly attend Hamilton First Series and/or Development Galas.
- Commit to the required amount of training sessions.
- Completion of the Gold Level in our Learn To Swim Programme.

### **Minimum Training Commitment:**

All swimmers should attend a minimum of 1 session per week, but ideally this should be 2 sessions per week to fully take advantage of the skills and drills being taught in this squad.

### **Competitions:**

All swimmers in Foundation squad are encouraged to enter regular competitions as part of their long term development and to ensure all swimmers are motivated to improve, whilst having fun.

### **Equipment:**

Snorkel, Kickboard, Pullbuoy, Fins, Drinks Bottle, Cap, Goggles, Costume.

## | Club Black



### Aim:

To create a strong versatile training environment for swimmers with various commitments alongside swimming. The training focus will be geared towards enhancing technique and skills learnt in previous squads in a more challenging training environment, with a bigger emphasis on improving swimming fitness. Swimmers will be encouraged to compete at competitions during the season to track progress and provide additional motivation for training.

### Lead Coaches:

- Ryan Sykes – Al Khaleej International School
- Jan Christian Bezuidenhout – Fairgreen International School, Sustainable City
- Shaun Barson – Ittihad Private School & Jumeirah College, Jumeirah
- Michelle Botha – Wellington International School, Al Sufouh & Emirates International School, Jumeirah
- Sineth Akila – Warehouse Gym & Dubai British School, Jumeirah Park

### **Squad Commitment Criteria:**

- Minimum attendance for this squad is 1 session per week.
- Swimmers looking to progress into this squad would be expected to do 2 or more sessions per week.
- Swimmers will be expected to catch up any missed sessions within 2 weeks.
- Swimmers must wear current and up to date team kit when attending competitions.
- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviors daily.
- Selection will be at the discretion of the squad coach.

### **Training Criteria:**

Swimmers are selected on ability. Age is a guideline only, but it is important that swimmers are at the correct level. This will be at the coaches discretion:

- Can swim a 200IM technically well at 3.30 or quicker.
- 200m or more of good technique in Front crawl, backstroke and Breaststroke / 50m fly
- 3-5 effective fly kicks / feet to flags with streamline position on distances up to 100m.
- Basic lane discipline, e.g. using pace clock, streamlining, following instructions, leaving five second gaps in between each swimmer, attitude, application and execution.

### **Equipment:**

Swimmers are required to have all of the items listed and should bring them to every session: Kickboard, Pull bouy, Fins, Frontal Snorkel, Finger Paddles.

Desired additional equipment as follows: Hand paddles (see coach), exercise mat, theraband.

### **Competitions:**

There is no competition requirement for this squad however swimmers will be encouraged to enter competitions throughout the season which matches their individual goals. Access to competitions will be available to those who meet the qualification standards.

## | Club Orange



### **Aim:**

Club Orange aims to provide an engaging and supportive training environment for later developers with a focus on learning training drills to support stroke development with a goal of improving stroke efficiency. With a flexible training commitment level swimmers will be able to balance training with other sporting or school commitments but will also have the opportunity to increase their training to allow them to achieve more in the pool.

### **Lead Coaches:**

- Ryan Sykes – Al Khaleej International School
- Jan Christian Bezuidenhout – Fairgreen International School, Sustainable City
- Shaun Barson – Al Safa, 1
- Michelle Botha – Wellington International School, Al Sufouh & Emirates International School, Jumeirah
- Sineth Akila – Warehouse Gym & Dubai British School, Jumeirah Park

### **Squad Commitment Criteria:**

- Minimum attendance for this squad is 1 session per week.
- Swimmers will be expected to catch up any missed sessions within 2 weeks.
- Swimmers must wear current and up to date team kit when attending competitions.
- Swimmers must demonstrate Hamilton Aquatics core values and performance behaviours on a daily basis.
- Selection will be at the discretion of the squad coach.

### **Training Criteria:**

Swimmers are selected on ability. Age is a guideline only, but it is important that swimmers are at the correct level. This will be at the coaches discretion:

- Legal and effective underwater skills such as streamlining and underwater fly kicks or breaststroke breakouts.
- Able to perform 100m of Front crawl, Backstroke, breaststroke and 50m of butterfly with good technique.
- Basic lane discipline, e.g. using pace clock, streamlining, following instructions, leaving five second gaps in between each swimmer, attitude, application and execution.
- Completion of the Hamilton Aquatics Learn To Swim Programme (Platinum Level)

### **Equipment:**

Swimmers are required to have all the items listed and should bring them to every session: Kickboard, Pullbouy, Fins, Snorkel, Finger Paddles.

Desired additional equipment as follows: Hand paddles (see coach), exercise mat.

### **Competitions:**

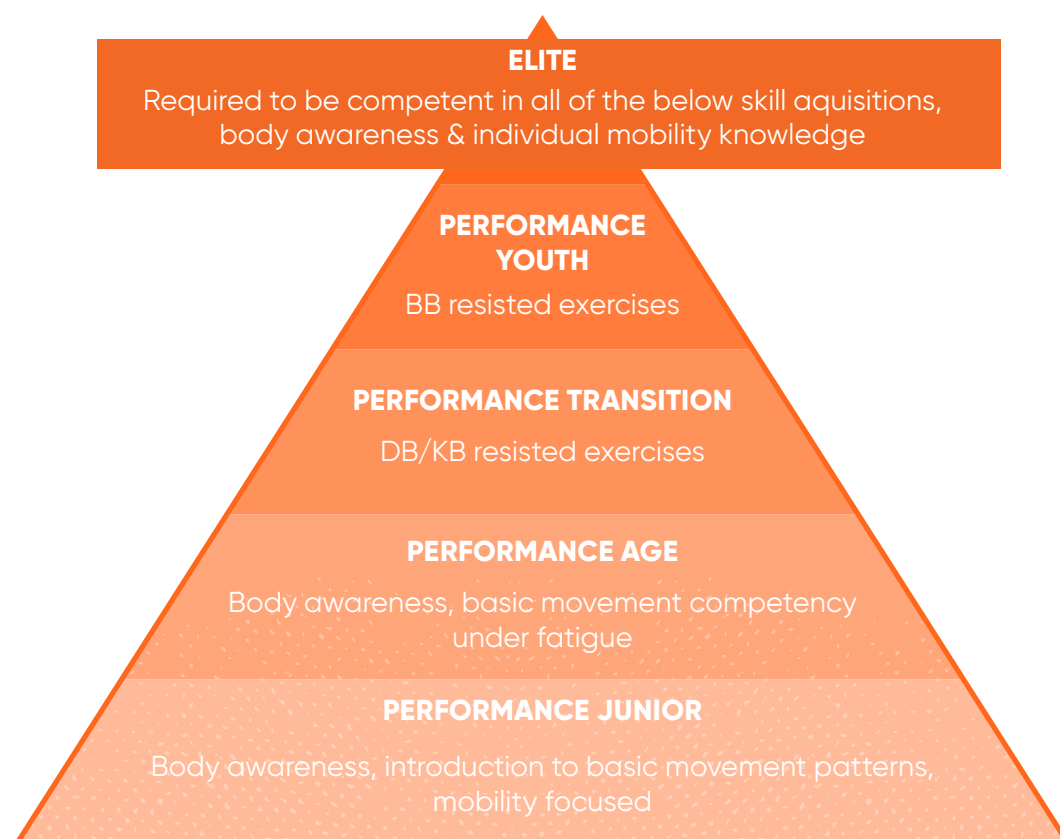
There is no competition requirement for this squad however swimmers will be encouraged to enter competitions throughout the season which matches their individual goals. Access to competitions will be available to those who meet the qualification standards.



## | Strength & Conditioning (S&C)

Strength and Conditioning (S&C), is offered within our squads pathway as an addition to swimming training. S&C helps with an athlete's long-term development by providing body awareness, core strength and an introduction to basic exercises and fundamental movement patterns on land. Within land training is an opportunity to help address any individual weaknesses in posture and movements which could negatively impact the swimming stroke.

Our S&C coach Kathy Johnstone works within the performance pathway delivering sessions to Performance Age and above. Kathy also works closely with coaches across all pathways helping to guide and educate land training practices ensuring all athletes have the tools they need to progress in swimming.



Our youngest swimmers will be introduced to land training through 'pre-pool' routines which help lay the foundations for body awareness and connection in short 15-30min sessions. From here, land-training is slowly progressed throughout the squads challenging both the execution of movement patterns such as squats, lunges, press ups and trunk strength under reps (fatigue) and in Performance Transition and above, under load (weight).

From a young age, land training is centered heavily around injury prevention (prehab) and building robust athletes who will be able to handle the increasing workload of progressing in the sport of swimming. Once an athlete has built strong foundations, elements of strength, power and extra cardio conditioning will be progressed into land training and gym sessions in order to help transfer these fundamental elements into the swimming strokes and events.

## I Competitions

### Competition Standard

All our competitions work in a tiered system, designed to maximise the potential of the swimmers. Below is an outline of the different levels of competition.

#### International (A) Standard

- This level represents the highest level of competitions in terms of qualifying times for participation and specific age groups in line with the international standards.
- To compete at this level, swimmers must be accustomed to competing in level B standard.
- The goal of this level is to prepare swimmers to participate in international competitions, represent their country's national teams, by develop their technical, physical and psychological skills.
- To participate in this level, swimmers must achieve a specific qualification times.

#### Performance (B) Standard

- This level of competitions is to support the development and progression of high-level swimmers.
- To compete at this level, swimmers must have extensive competitive experience.
- The aim of this level is to help the swimmer qualify to join the national teams and increase their skills to participate in a variety of races.
- To be able to enter this level of competition, swimmers must achieve the specific qualification times.

## **Competitive (C) Standard**

- This level is designed for swimmers who compete regularly and need to gain more competition experience by exposing them to multiple races in order to effectively advance to the next level.
- Additionally, this standard will provide the swimmers with a great opportunity to compete effectively at their level.
- If the swimmer is too fast or will not benefit from the competitive atmosphere at this level of competition, please do not register them and qualify them to participate in the level (B) competitions.

## **Development (D) Standard**

- This level of competitions aims to support swimmers with limited experience in competition as they develop their skills across multiple races and distances.
- This level is designed to offer swimmers who have slower times compared to the level (C) competitive environment in order to motivate them, but still offer similar technical levels.
- Swimmer must have qualifying times that they have acquired from level (E), meaning that the swimmer must have passed level (E) and possess some times, but should not exceed the specific qualification times.

## **Fundamentals (E) Standard**

- This level is designed for young swimmers new to competition experience.
- The goal of this level is to qualify and develop swimmers and prepare them to start the journey of progress to reach the full potential and consider swimming as a main sport.
- To participate in this level the swimmer must be slower than specific times or not have any qualifying times, but the swimmer must be able to complete the 50m strokes technically correct.
- If the swimmer is too fast or will not benefit from this competitive atmosphere, please do not enter them at this level as this level has been established to motivate swimmer, by creating an equal competitive environment for those with similar technical levels

## How to enter competitions using Hamilton Bay:

1. Please always read all the information in the entry pack carefully. Consult with your squad coach/teacher on your event selections **\*BEFORE\*** you enter on Hamilton Bay. Do not submit entries without approval from your coach first.
2. Login into your Hamilton Bay account and select the "Competition Registrations" tab, then the Entries page. From here, you will see your swimmer/s name and all relevant competitions that are open.
3. Please select the blue "entries open" button. You will know be able to select events you are eligible for in each session.
4. Once you have checked all the events have been selected, please confirm the booking clicking "Submit Entries". Please note, this will need to be done individually per swimmer.
5. The main entries page will now show you that the amount due. Double check that the correct due amount is showing (AED ??/event). From there select "Make Payment". You will then be taken to a separate payment page. Please note, no entries will be submitted without payment.
6. If you due amount is showing incorrect, you have race vouchers, or credit to use please email **entries@hamiltonaquatics.ae** AFTER you have submitted your entries, but BEFORE proceeding with payment. We will amend the amount due and inform you when it is done.

## Contacting the entries team:

The entries team deal with a high volume of emails. We would appreciate if you can allow 24 hours – 36 hours for us to check into your query and get back to you with the solution. Please do not send multiple emails within this time frame as it clogs up our inbox and slows down our productivity. Additionally, the Entries Team are also all Coaches and thus on poolside during normal coaching hours in the evenings and not at our computers to respond. Please take this into consideration when emailing in the afternoons/evenings.

While you wait for our reply, kindly read through the following points to make sure we can help you in a quick and swift manor in the future:

1. **When emailing Entries please include the following information:**
  - Name(s) of your swimmer(s)
  - Their squad level.
  - The competition you are trying to enter.
  - The issue you need assistance with

Please make sure to also copy your squad coach into the email so they are aware as well. There are over 500 swimmers in the squad programme so there are a lot of swimmers to keep track of!



2. **If you are waiting on a payment issue to be resolved:** As long as the entries have been submitted on time and the issue has been emailed to us prior to the deadline, there will be no penalty to your emails if we don't get to it before the deadline.
  
3. **Race Vouchers:** Can only be used for Hamilton Aquatics Run events. Any competitions run by outside providers are not eligible for Race Voucher use.
  
4. **External Competitions PB Update Form:**  
Please fill out the form located on the competition's registration page on HB. This form should be used for updating times for competitions that happen outside of the UAE, or school competitions such as DASSA. Please do not send us screen shots of meet mobile as we need all the logistical information of the competition.

## | Overseas Trips

Each season Hamilton Aquatics run a number of overseas trips specifically tailored to the swimmers they are aimed at.

From offering an introduction to attending a "team trip", to our annual team trip to the UK to attending targeted Championship meets where the focus is on swimmer performance, the trips offered provide valuable experiences for the swimmers involved.

### **Local Team Trip (Oman or Qatar):**

These team trips are aimed at giving our younger swimmers their first experience of travelling with a team. By minimizing the travel time and attending a competition in the region, it is easier for parents to travel to watch and support swimmers. Please make sure to also copy your squad coach into the email so they are aware as well. There are over 500 swimmers in the squad programme so there are a lot of swimmers to keep track of!

### **UK Trip:**

The aim if this trip is to provide swimmers with the experience of competing outside the local region, the demands of travelling further and being away for a longer time. On this trip we also include clinics and talks from experts on subjects such as nutrition, mental skills and the experiences of international athletes and their journeys. On this trip swimmers travel and stay with the team for the duration of the trip.

### **Scottish National Age Groups (SNAGS):**

This competition is attended by our Scottish swimmers as well as some of our Performance Swimmers as a high level target competition. Scottish National Age Groups is a championship meet where swimmers experience racing over 5 days with heats and finals every day. Swimmers attending this competition will travel and stay with their parents and be supported by the coaching team throughout the competition.

### **Irish Summer Nationals (ISN):**

The Irish Summer Nationals is a championship style competition that provides an end of season target meet for our older swimmers (15/over). As with SNAGS, swimmers attending this competition will travel and stay with their parents and be supported by the coaching team throughout the competition.

### **Specific Championship Competitions:**

These trips are organised depending on the needs of the swimmers in our Performance Squads.

Whether it is to attend a Short Course competition in December or to attend National Trials in April, these trips are tailored to the needs of the swimmers.

Name	Title	Email
Stuart Sant	Director of Swimming	coachsant@hamiltonaquatics.ae
Jack Hepburn	Head Performance Age Group Coach	coachhepburn@hamiltonaquatics.ae
Alex Gray	Performance Coach	coachgray@hamiltonaquatics.ae
Katie Baxa	Competition Pathway Lead	coachbaxa@hamiltonaquatics.ae
Tristan Gatcum	Head of Development	coachgatcum@hamiltonaquatics.ae
Kathryn Johnstone	Lead Strength & Conditioning Coach	kathryn@hamiltonaquatics.ae
Rachel Ritchie	Assistant Coach	coachritchie@hamiltonaquatics.ae
Davor Zigic	Squads Manager/ Competition Pathway Coach	coachzigic@hamiltonaquatics.ae
Rob Stones	Competition Pathway Coach	coachstones@hamiltonaquatics.ae
Bassel Hamadeh	Development Coach	coachhamadeh@hamiltonaquatics.ae
Emily Barclay	Development Coach	coachbarclay@hamiltonaquatics.ae
Shaun Barson	Club Coach	coachbarson@hamiltonaquatics.ae
Ryan Syke	Club Coach	coachsykes@hamiltonaquatics.ae
Michelle Botha	Club Coach	coachbotha@hamiltonaquatics.ae
Jan Christian Bezuidenhout	Club Coach	coachchris@hamiltonaquatics.ae
Sineth Akila	Club Coach	sinethakila@hamiltonaquatics.ae
Stuart Gordon	Development Coach	coachgordon@hamiltonaquatics.ae
Yessica Castano	Development Coach	yessicacastano@hamiltonaquatics.ae

## | Coaching Locations

1. GEMS International School
2. GEMS World Academy
3. GEMS Founders School
4. Wellington Academy Al Khail
5. Dubai American Academy
6. New Millenium School
7. Warehouse Gym Al Quoz
8. Warehouse Gym Jumeirah Park
9. Dubai British School Jumeirah Park
10. Jumeirah College
11. Al Khaleej International School
12. Jumeirah Primary School
13. Wellington Academy Silicon Oasis
14. Fairgreen International School
15. Emirates International School Meadows
16. GEMS Wellington International School
17. GEMS Metropole School
18. Emirates International School Jumeriah
19. Safa Community School

## Team Kit

Hamilton Aquatics aims to achieve at all levels, meaning that it is imperative that our appearance at training and competitions is as at the highest standards and as professional as possible. We encourage as many swimmers to wear team kit to and from training sessions, however it is compulsory to do so at all competitions when entered under Hamilton Aquatics.

We are happy to announce Swimzi as our supplier for the Hamilton Aquatics official team kit. Swimzi have been chosen as they offer a high-quality product that can hang dry making parents life easier, and be regularly washed and worn without compromising the quality or affecting the shape. Swimzi also offer personalisation on all items. Team kit will be ordered online through the Swimzi website. There will be four order windows per year and as soon as one order window closes, the next one will open. Each order window will give an indication of the expected delivery date.

**Learn how to order on the next page.**



## | ORDER TODAY!

### Step 1:

Log on to your Hamilton Bay account and select the Swimzi tile, this will redirect you to the online Swimzi shop or follow the link:

<https://teamwear.swimzi.com/brand/hamilton-aquatics/>

### Step 2:

Select the items that you wish to buy with the sizes and add items to your cart. Once you have selected all your items then proceed to checkout for payment. If you are personalising items, please only use first name or surname.

### Step 3:

The delivery date will be indicated when checking out, however this is not a guaranteed delivery date due to the manufacturing and shipping processes of which we do not have control over.



## I Behaviour

When a swimmer(s) are at a session and are **misbehaving / not following Coaches directions / disrupting the session / using foul language / acting in a way that could cause an incident.**

### Step 1:

Coach issues clear verbal warning to swimmer to stop, and follow instructions. If issues persist during the session then the swimmer can be asked to leave the pool and sit poolside until the session ends.

### Step 2:

**If bad behaviour continues into next session or escalates** then the Coach should communicate verbally to the swimmers parent following the session, and express clearly the type of behaviour and that it is unacceptable.

### Step 3:

**If bad behaviour continues into next session or escalates** then the Coach should issue a formal written warning to the swimmers parent (including in CC their line manager) to express clearly the type of behaviour and that it is unacceptable and that this is a final warning. Should the behaviour continue the swimmer will be suspended from training for a minimum of 3-weeks.

#### Step 4:

**If bad behaviour continues into next session or escalates** then Coach issues written and verbal communication of suspension, duration agreed by Coach and line Manager (minimum 3-weeks).

#### Step 5:

**If bad behaviour continues into next session or escalates** then swimmer communication to parent that swimmer has been terminated from the programme due to bad behaviour and is no longer welcome with our club.

## I Useful Swimming Websites

### Hamilton Aquatics Dubai:

1. [www.hamiltonaquatics.ae](http://www.hamiltonaquatics.ae) – Hamilton Aquatics Website
2. <https://hamiltonbay.app/members/login> – Hamilton Bay
3. [www.facebook.com/hamiltonaquatics](https://www.facebook.com/hamiltonaquatics) – Hamilton Aquatics Facebook Page
4. [hamilton\\_aquatics\\_dubai](https://www.instagram.com/hamilton_aquatics_dubai) – Hamilton Aquatics Instagram Account

### World Swimming:

1. [www.worldaquatics.com](http://www.worldaquatics.com) – World Aquatics
2. [www.swimmingworldmagazine.com](http://www.swimmingworldmagazine.com) – World Swim News
3. [www.swimswam.com](http://www.swimswam.com) – World Swim News
4. [www.swimrankings.net](http://www.swimrankings.net) – Swimming Rankings

### National Swimming:

1. [www.britishswimming.org](http://www.britishswimming.org) – British Swimming
2. [www.uaeswimming.net](http://www.uaeswimming.net) – UAE Swimming
3. [www.swimming.org.au](http://www.swimming.org.au) – Australian Swimming
4. [www.usaswimming.org](http://www.usaswimming.org) – USA Swimming
5. [www.swimsa.org](http://www.swimsa.org) – South African Swimming
6. [www.swimming.ca](http://www.swimming.ca) – Canadian Swimming
7. [www.swimmingnz.org.nz](http://www.swimmingnz.org.nz) – New Zealand Swimming

### Partners:

1. [www.esm.ae](http://www.esm.ae) – ESM
2. [www.gemseducation.com](http://www.gemseducation.com) – GEMS Education
3. [www.taaleem.ae](http://www.taaleem.ae) – Taaleem Education
4. [www.monviso.com](http://www.monviso.com) – Monviso
5. [www.whgym.com](http://www.whgym.com) – Warehouse Gym
6. [www.swimzi.com](http://www.swimzi.com) – Swimzi
7. [www.theedgehpl.com](http://www.theedgehpl.com) – The Edge HPL



# Squad Handbook

**SQUAD HANDBOOK**

2023-24