

# JC Squad Structure

## Offers Cubs

This is the link squad between the Learn to Swim section of the club and the competitive section. Swimmers are invited to join Offers Cubs by the Offers Cubs coaches after a recommendation from the swimmer's teacher or after review of performances in the Learn to Swim Galas, which take place in September and February each year.

Some swimmers come along for a trial at the end of each term from Aberdeen City Council's Learn to Swim Aqua 5 sessions. Swimmers continue to attend their lessons with either Development 1 or 2 in the Learn to Swim section of the club and have an extra session with Cubs once a week with competitive coaches where the emphasis is upon preparation for competitive swimming, learning lane discipline, competition rules and stroke technique.

Offers Cubs swim in the Learn to Swim Galas and swimmers aged 8 or over are invited to swim in the club championship in November.

Coaches - Hilary Gaunt & Liz Riley  
Contact: [cubs@cultsotters.org.uk](mailto:cubs@cultsotters.org.uk)

## JC1 – Junior Coaching 1

JC1 is the first competitive squad level. Swimmers continue to develop their competitive skills and training sets are introduced to develop all four swimming strokes. Swimmers now swim three times each week and are introduced to one early morning of training. Swimmers compete in local novice and graded galas, beta leagues and the club championship.

Coach - Laura Bowie  
Contact: [jc1.coach@cultsotters.org.uk](mailto:jc1.coach@cultsotters.org.uk)

## JC2 – Junior Coaching 2

Swimmers move into JC2 when they have mastered the basic techniques and need to improve stamina and training ability as well as their stroke technique. To further develop racing skills it is important that at this level swimmers take a more active role in Beta League matches and attend recommended graded galas both locally and further afield (eg. Inverness, Forres, Buckie and Peterhead ) and also our Club Championships. Land training is also introduced to begin to further develop core strength, coordination, agility and teamwork.

Coach - Hilary Gaunt  
Contact: [jc2.coach@cultsotters.org.uk](mailto:jc2.coach@cultsotters.org.uk)

## JC3 – Junior Coaching 3

Swimmers move into JC3 when they are ready to develop into competitive swimmers. Training still focuses on improving stroke technique and, more advanced training techniques and some endurance training are introduced. Swimmers are introduced to two early morning sessions and now train in the pool five times each week. Swimmers start to attend open age group meets and aim to qualify and compete at district level meets

Coach- Liz Riley  
Contact [jc3.coach@cultsotters.org.uk](mailto:jc3.coach@cultsotters.org.uk)

## **COAST (City of Aberdeen Swim Team)**

COAST is a composite swim team consisting of talented swimmers from six constituent clubs (Cults Otters, Aberdeen Dolphins, Bridge of Don, Bon Accord Thistle, Bucksburn & Dyce).

### **CD Squad – Competitive Development Squad**

The CD squad is the link between COAST and the six clubs that make up COAST. Swimmers are selected for the CD squad by the COAST coaches after discussion with JC3 coaches. The CD squad train once each week in addition to regular JC3 training. This enables comparison of swimmers for consideration for entry to COAST but more importantly the opportunity to make friends and develop team spirit with swimmers from different clubs. Swimmers can represent COAST at certain meets and are introduced to COAST and the COAST coaches.

Coach - Liz Kemp.

### **Junior Age Group (JAG)**

JAG is the first COAST squad and consists of the top swimmers who have graduated from the local club development programmes. They focus on perfecting stroke technique, learning to train and how to race. They compete in local, regional and district level meets with a view to targeting qualification at Scottish & British National Age Groups.

Coach - Gregor MacMillan.

### **Age Group Performance (AGP)**

AGP continues with the performance development of athletes. Swimmers focus more on increased endurance training to prepare for the national level of competition. This group competes at local, regional level, district and Age Group National level meets with a view to qualification at Scottish National Open and British Youth events.

Coach - Stewart Haslam.

### **Senior Group**

The Senior Group is divided into three sections; Sprint (dedicated sprint performance group), Talented Athlete Programme (National/International Competitors) and Seniors (Open age training group). Athletes are exposed to a variety of training intensities and modalities as required and are placed in groups according to age, training and performance level.

Coach - Gordon Glasgow.

Contact all COAST squads, CD and above via Gordon Glasgow  
head.coach@coastswimming.org.uk