

Nottingham Leander Swimming Club: Welcome



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Welcome to Nottingham Leander Swimming Club

Hi! Many thanks for choosing Nottingham Leander Swimming Club to help you or your child develop in the wonderful world of swimming. As a Club, we've been around for over seventy years and we hope you enjoy being a vital part of our future.

We offer a complete pathway of coaching and support from the initial first splashes in our Tadpoles section through to our development sessions, our competitive squads into the Club's Masters section and Water Polo teams; truly offering a whole lifetime's training!

We believe that everybody should learn to swim with the correct techniques as a matter of course and all of our teaching/coaching processes are structured with this in mind to achieve their maximum potential but in a supportive, friendly, injury-free and non-aggressive environment.

The 'Leander way' has delivered success for many years and grown our reputation across the country. We take great pride in seeing our swimmers develop, compete and achieve success both inside and outside of the pool – swimming is a lifelong skill and the friendships and personal development nurtured within the club can also last a lifetime. The growing numbers of second and third generation members helps to reinforce the connection to our past and our future too.

We're based mainly in the city of Nottingham and the southern areas of Nottinghamshire and offer sessions to suit the range of abilities.

This guide will hopefully help to let you get to know a bit more about us and our swimming journey together.



Tadpoles

Tadpoles' are participants in Nottingham Leander's learn to swim sessions.

We take learners from 3½ years old until, as swimmers, they are ready to become full club members. (The minimum age for this is 6 years old).

We teach our Tadpoles Swim England's recognised National Teaching Plan from Level One up to the Level Five award. (Full detail of the stages is available on [Swim England's website \(external link\)](#)).

To be able to move to a full club membership Tadpoles have to be able to swim three different strokes competently, being able to complete 25 metres non-stop and 50 metres non-stop on one of the three.

There are many learn-to-swim classes available but we think we offer something different. Being staffed by (fully qualified) teachers who have considerable involvement in competitive swimming means we have one eye on swimming as a sport in the future.

When our Tadpoles reach an appropriate level of ability they are offered the chance to move seamlessly into the main part of the club with its attendant coaching and competition programmes.

Tadpoles Sessions (each individual session is a different ability level)		
Monday	Nottingham High School: 18.30 – 19.30	2 x 30 mins sessions
	Rushcliffe Arena: 18.00 – 20.00	8 x 30 mins sessions
Tuesday	Cotgrave Leisure Centre: 19.00 – 20.00	2 x 30 mins sessions
Friday	Keyworth Leisure Centre: 18.30 – 19.30	2 x 30 mins sessions
	Rushcliffe Arena: 19.00 – 20.00	2 x 30 mins sessions



Club Development

Our Club Development sessions are designed for all swimmers that have attained at least [Swim Engalnd's Key Stage 5 \(external site\)](#), from approximately 6 years onwards. The give swimmers the opportunity to develop their core swimming skills with the view of progression into either our Junior or Senior squads.

They also complement other activities such as building general fitness and competing in other soprts such as triathlons and water polo.

Movement from Club Development sessions into the Squads is based upon coaches recommendations upon the individual swimmer's progress and development through competing in our Junior Galas, Club Championships and other galas held throughout the year.

Club Development Sessions

Monday	Rushcliffe Arena: 18.00 – 20.00 Djanogly Leisure centre: 19.00 – 20.00	2 x 60 mins sessions 1 x 60 mins session
Tuesday	Cotgrave Leisure Centre: 19.00 – 20.00 (Junior) Southglade Leisure Centre: 20.00 – 21.00 (Senior)	1 x 60 mins session 1 x 60 mins session
Wednesday	Nottingham High School: 18.30 – 20.30	2 x 60 mins session
Thursday	East Leake Leisure Centre: 19.00 – 20.00 (Junior)	1 x 60 mins session
Friday	Keyworth Leisure Centre: 18.00 – 20.00 (Junior) Harvey Hadden Leisure Centre: 20.00 – 21.00	2 x 60 mins sessions 1 x 60 mins session
Sunday	Rushcliffe Arena: 19.00 – 20.00 (Junior)	1 x 60 mins session



Junior Squad

Swimmers, usually aged 8-12, are invited to join our Junior Squad after recommendations from coaches or after a trial.

We expect our Junior Squad members to attend at least two of the squad sessions per week plus one or two Club Development sessions too. Junior Squad members must show good motivation, enthusiasm and a desire to compete regularly. This is for two reasons:

- 1. So the swimmer can get used to competing and practice competing (there is nothing like racing for improving speed).
- 2. We use gala times to select club teams and monitor progress. While there will inevitably be occasions when other commitments prevent it; it is generally expected that Junior Squad swimmers will compete in Junior Galas, Club Championships, County Championships and inter-club galas if selected.

To be retained within the Junior Squad the expectation is that swimmers age 11-12 should have at least one county qualifying time while those aged 8 -10 should as a minimum be showing significant progress towards that goal.

Progression from the Junior Squad to the Senior Squad is based on recommendation form the coaches. Swimmers should aim to have at least two County qualifying times (or be very close to them), have excellent training commitment and the desire to compete in a variety of inter-club competitions, open meets and county/regional championships.



Junior Squad Sessions		
Tuesday	Djanogly Leisure Centre: 19.00 – 20.00	1 x 60 mins session
Wednesday	Harvey Hadden Leisure Centre: 19.00 – 20.30	1 x 90 mins session
Friday	Rushcliffe Arena: 19.00 – 20.30	1 x 90 mins session



Senior Squad

Swimmers, aged 12-17, will normally be invited to join the Senior Squad by meeting the following criteria :

- Achieve at least one East Midland Qualifying Time and five County Qualifying Times.
- Attend a minimum of four sessions per week.
- Attend all targeted competitions including County, Midland and, where appropriate, National Championships and strive for podium success.
- Be available for all Arena League and County Relays team competitions, and attend at least 90% of all team competitions for which you are selected.
- Minimum age 12 years old (although younger swimmers may be invited to train alongside the group one or 2 sessions per week to aid their transition to the squad).
- Consistently demonstrate a focused and motivated attitude, and be committed to train as part of a professional, competitive squad, acting as a role model for other swimmers in the club.

Swimmers who do not meet the above criteria may be invited to train with the Senior Squad if they demonstrate full commitment to the club’s competition and training programme, and are deemed by the Senior Squad Coach to have the potential to achieve the above criteria over the course of the next season.

Senior Performance Squad Sessions		
Monday	Rushcliffe Arena: 20.00 – 2100	1 x 60 mins session
Tuesday	Clifton Leisure Centre: 19.00 – 20.30	1 x 90 mins session
Wednesday	Harvey Hadden Leisure Centre: 06.00 – 07.30, 19.00 – 20.30	2 x 90 mins sessions
Thursday	Harvey Hadden Leisure Centre: 19.00 – 20.30	1 x 90 mins session
Friday	Djanogly Leisure Centre: 19.00 – 20.30	1 x 90 mins session
Sunday	Harvey Hadden Leisure Centre: 16.00 -17.00 (Long Course)	1 x 60 mins session



Masters

Nottingham Leander's Masters aims to provide swimming for adults of all ages and we currently have over 100 active masters' swimmers . We welcome all swimmers of 18 years old and above (our oldest members are in their 70s) who want to train for competitions or to keep fit through disciplined recreational swimming. A wide range of age and ability is catered for but you do need to be able to swim lengths of the pool for an hour!

We have five coach-led training sessions a week and members may attend as many or as few sessions as they wish.

There is no pressure to compete. However, we do provide excellent opportunities for those who wish to do so, as we are one of the largest and most active clubs in the UK in competitive masters' swimming. Our members compete in many meets every year, ranging from local open meets suitable for novices, to regional, national and international championships.

In 2015 Leander's masters won more relay medals and titles at the national short course championships than any other club, and currently hold several national records and one world record. Leander also provides the majority of swimmers for the Nottinghamshire county masters team, which takes part in two inter-county competitions each year.

Masters Sessions		
Monday	Harvey Hadden Leisure Centre: 21.00 – 22.00	1 x 60 mins session
Tuesday	Southglade Leisure Centre: 20.00 – 21.00	1 x 60 mins session
Wednesday	Djanogly Leisure Centre: 20.00 – 21.00	1 x 60 mins session
Thursday	Harvey Hadden Leisure Centre: 19.00 – 20.30	1 x 90 mins session
Sunday	Harvey Hadden Leisure Centre: 16.00 –17.00 (Long Course)	1 x 60 mins session



Water Polo

In a friendly and welcoming environment, Nottingham Leander aims to equip water polo players with the basic skills, techniques, and tactics to enjoy the sport as part of a long term healthy lifestyle.

For those who enjoy being part of a team, water polo is the ideal sport for strong swimmers with a desire to extend their abilities in the water. Water polo is played in competitive leagues and competitions, either locally or nationally by players of all ages and abilities.

Nottingham Leander players are encouraged to take part in local competitions, while offering the first step on a pathway right through to regional and national level polo via the ASA recommended Long Term Player Development Programme.

Junior players are encouraged to trial for the Nova Centurion squad; senior players are encouraged to play Midland League water polo with other local clubs (we aim to enter a senior Leander team into the British Water Polo League in the near future).

Swimming and water polo go hand in hand. Being part of a polo team can be a great motivator for improving swimming, and we encourage all our participants to attend as many swimming sessions as possible, and make the best possible use of all Nottingham Leander has to offer.

Water Polo Sessions

Wednesday	Djanogly Leisure Centre: 21.00 – 22.00	1 x 60 mins session
Thursday	Djanogly Leisure Centre: 19.45 – 21.00	1 x 75 mins session
Sunday	Djanogly Leisure Centre: 16.00 – 17.30	1 x 90 mins session



What Kit do
I need?



Kit: The basics

The range of swimming kit available to help you perform and develop your swimming is immense. Here we look to point you in the right direction for all training and competitive needs.

1. **Costumes / goggles:** Should be comfortable, supportive and well fitting for training purposes. High-end, high-cost performance suits/goggles are not really suitable for training purposes but can add benefits in a competitive environment.
2. **Swim Caps:** Aid streamlining through the water and are highly recommended for all. When representing the club in any complete swimming event, a Nottingham Leander branded cap is compulsory.
3. **Kickboards, pull-buoys, flippers:** Basic training kit that aid a swimmers development through all stages of development. Mandatory for all Club swimmers and above.
4. **Snorkels and hand-paddles:** A requirement for Junior and Senior Squad training sessions.
5. **Equipment bags:** Mesh poolside bags are essential to hold all of this kit for training and also as carry on for gear and refreshments in competitive swimming events.

The cost of these individual items can vary based on quality and for the specific needs of the individual. Nottingham Leander does not recommend any particular brand or supplier but advice can always be sought from coaches, other swimmers and parents/guardians.



Kit: Nottingham Leander branded

Nottingham Leander Swimming Club has a range of branded products available to help build the connection to the Club and bring a collective sense of identity to our swimmers. The full range is available below and can be ordered via our [Club Shop on our website](#).



Hoody:

£22.50 – Sizes 26/28, 30/32, 34/36

£27.50 – Sizes 38/40, 42/44, 46/48



Towel:

£20 – Bath sheet



Swimcap:

£5.00 – Emblem only

£7.00 – Personalised



Hold-all:

£20 – Medium hold-all



T-Shirt:

£15 – Sizes 26/28, 30/32, 34/36

£18 – Sizes 38/40, 42/44, 46/48



Shorts:

£10.50 – Sizes 24/26, 28/30

£11.50 – Sizes 32 - 40.



Jammers:

£17 – Sizes 24", 26", 28",

£20 – Sizes 30", 32", 34"



Rucksack:

£17.50 – Sizes 38/40, 42/44, 46/48

