



HAMILTON AQUATICS DUBAI

SQUAD HANDBOOK (SEASON 2018-2019)

“INSPIRING SPORTING ACHIEVEMENTS”



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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.

Our Learn To Swim Programme has a newly designed, innovative learning platform. We are teaching swimmers the fundamental skills that shall aid their development. Hamilton Aquatics is proud to be the first scheme in the world to be offering such a learning opportunity and we hope to reap the rewards in the future by producing the most skilful, technical and water confident swimmers.

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**



Our Philosophy

“Inspiring Sporting Achievements”

Hamilton Aquatics is committed to giving each swimmer the opportunity to learn, develop and achieve their goals, whilst having fun along the way. Our team culture ensures that every swimmer will be able to achieve their potential, with the correct coaching and commitment.

Through Long Term Athlete Development and correct planning, all training is delivered in a way that will allow swimmers to perform at their best, at the right stage of their swimming journey, whilst helping them stay in love with the sport that they have chosen.

Our experienced and passionate coaching team pride themselves on delivering diligent coaching sessions, with swimmers reaping the rewards of frequent constructive and positive feedback. To achieve their goals, our coaches will challenge the swimmers to strive for excellence on a daily basis.

We pride ourselves on educating swimmers to become the most skillful, technical and efficient swimmers that they can be over all four strokes, resulting in greater performance outcomes, throughout their swimming career.

Most importantly, we encourage and develop valuable life skills, that will create well rounded people with great sportsmanship, team work, ethics and friendships.



Squads Overview

The Hamilton Aquatics Squad Programme has grown from 16 in its first week to over 700 swimmers in just ten 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 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.

Our higher squads currently have swimmers representing over 20 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 Swim Squads 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 Qatar, 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.

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 has 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.



Gold Medal Standards
WHAT STANDS US ABOVE OTHERS...

PRIDE

- We wear our full club kit with pride, whenever representing Hamilton Aquatics.
- Being part of Hamilton Aquatics is an honour and we never take the opportunity for granted.
- Preparing and carrying our own kit, equipment and bag is our own responsibility.
- As an athlete, we aim to be as professional as possible and great ambassadors for our club.

RESPECT

- As a swimmer, it is our responsibility to communicate with the coach, not our parents.
- We have the upmost respect for all facilities that we train and compete at.
- At all competitions we will show great sportsmanship, humility and gratitude to our competitors, volunteers and officials.
- Every time a coach is speaking, we will listen and give our full attention.
- Whenever we see a coach, team mate or parent, we will greet and acknowledge them.

EXCELLENCE

- Every aspect of our training should be done with diligence and best possible execution.
- Having the correct kit/equipment every session will allow us to maximise our training.
- Swimming is more than turning up to training – we understand that we must manage our time effectively to achieve academically and to maximise recovery with sleep.
- Being punctual allows us to prepare well for the training sessions and does not disrupt the training of our team mates.
- Great communication with the coach is vital in the lead up to competitions and also pre/post race feedback is imperative to develop race strategies.
- We understand that excellence is not a coincidence, it is a habit – consistency is key.
- We will try our best, no matter what.

POSITIVITY

- Every time the going gets tough or there is a challenge, we have a 'can do' attitude.
- We see opportunity in every mistake we make, setback that hits us or challenge that we have – this is an opportunity to learn and grow.
- Standing on a block at a competition, we believe in ourselves, at all times.

UNITY

- Being a team means standing on a block at a competition, knowing you are not alone.
- If needed, we will go out of our way to help fellow team mates and younger swimmers.
- We understand that if we are to be a team who are above all, we must above all, be a team.

IT IS IMPORTANT THAT ALL SWIMMERS, PARENTS AND STAFF FULLY UNDERSTAND THAT ALL OF THE ABOVE WILL PLAY A VITAL ROLE IN SWIMMERS BEING ACCOUNTABLE FOR THEIR SWIMMING AND ALL OF THE ABOVE WILL HAVE EITHER POSITIVE OR NEGATIVE CONSEQUENCES TOWARDS ACHIEVING AN INDIVIDUALS SHORT, MEDIUM AND LONG TERM GOALS.

International Selections

Hamilton Aquatics are very proud to have had 32 swimmers selected as part of their national teams.

Please see below for all of the selections, for which country and in brackets the highest competition that they have been selected for, whilst they have been training with Hamilton Aquatics.

International Representatives
Velimir Stjepanovic – Serbia Olympic Team (Olympic Games 2012 & 2016)
Tiago Venancio – Portugal Olympic Team (Olympic Games 2012)
Hilal Hilal – Tanzania Olympic Team (Olympic Games 2016)
Michael Dawson – Ireland National Senior Team (Commonwealth Games 2014)
Lianna Swan – Pakistan National Senior Team (Commonwealth Games 2014)
Ivan Lendjer – Serbia National Senior Team (FINA World LC Championships 2015)
Mohamed Madwa – Kuwait National Senior Team (FINA World LC Championships 2015)
Stefan Sorak – Serbia National Senior Team (FINA World LC Championships 2015)
Ika Bolkvadze – Georgia National Senior Team (European SC Championships 2013)
Sarra Lajnef – Tunisia National Senior Team (FINA World Cups 2013)
Anouque Berghuis – Netherlands National Senior Team (FINA World Cups 2013)
Hannah Taleb – Algeria National Senior Team (African Games 2015)
Lewis Burras – Great Britain Junior Team (FINA World Junior Championships 2017)
Krista Ceplite – Latvia National Junior Team (FINA World Junior Championships 2013)
Mina Roukbi – Syria National Junior Team (FINA World Junior Championships 2013)
Joshua Laisequilla – Mexico National Junior Team (2012 Copa America Cup)
Jakub Karl – Czech Republic National Senior Team (European SC Championships 2017)
Daniela Gonzalez Pinero – Argentina National Junior Team (South America Junior Championships 2015)
Yasmine Alameddine – Lebanon National Junior Team (Arab Championships 2015)
Joaquin Gonzalez Pinero – Argentina National Junior Team (Youth Olympic Games 2018)
Francesca Falzon Young – Malta National Junior Team (European SC Championships 2017)
Sean McNicholl – Ireland National Junior Team (European Youth Olympic Festival 2017)
Greta Agnew – New Zealand National Junior Team (Australia State Short Course 2015)
Lucy Agnew – New Zealand National Junior Team (Australia State Short Course 2015)
Victoria Bergeli – Norway Junior Team (Nordic Youth Championships 2018)
Alia Al Ahmed – UAE National Junior Team (Arab Championships 2018)
Gabriella Helayal – Lebanon National Junior Team (Arab Championships 2018)
Cameron Matthews – South Africa National Junior Team Selection
Rosie Morgan – Scottish Youth Programme Selection
Harry Dalgarno – Scottish Talent Programme Selection
Huw Hillson – English Talent Programme Selection
Sophia Dumont – Switzerland National Junior Team Selection

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 - Ash Morris

Squads: Elite Squad, Performance Youth Squad, Performance Age Squad, Performance Junior Plus Squad and 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: Competition Squads Coach – Tom Hunter

Squads: Competition Junior Squad and Competition Senior 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 Development Coach – Stuart Sant

Squads: Potential Squad, Development Squad and Foundation Squad.

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 – Ross Clark

Squads: Club Orange Squad and Club Black Squad.

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 2018/2019 season. The squad structure clearly shows each pathway, squad and progression for swimmers and parents to understand.

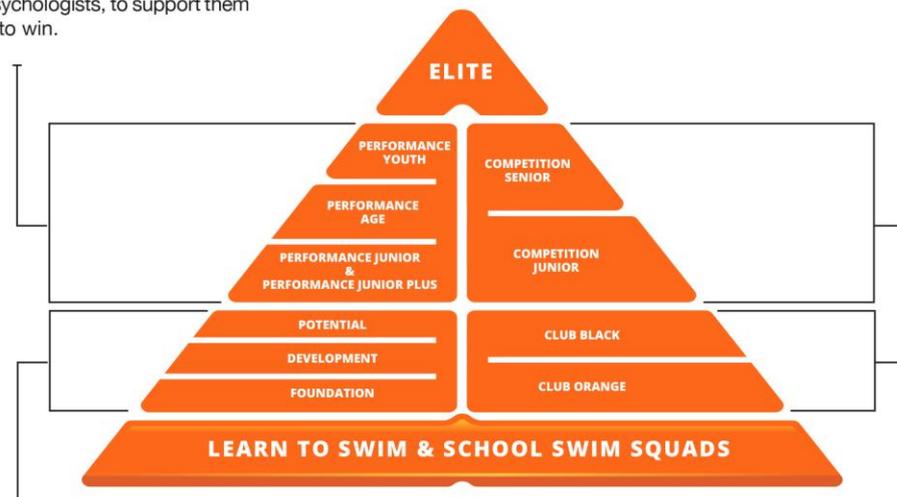
PERFORMANCE PATHWAY

The intensity of training increases as swimmers progress through to the highest levels of training both physiologically and mentally, with no compromise on skill or technique, to ensure both efficient performance and to prevent injuries from occurring. The pinnacle of our squad programme is the Elite Squad. Here swimmers benefit from specialist support services from physiotherapists, nutritionists and sports psychologists, to support them as they train to win.



COMPETITION PATHWAY

Our Competition Pathway caters for swimmers who are looking to train and compete at a competitive level. For some swimmers, the goal will be to reach the Performance Pathway and for others, the goal will be to maintain competitive performance at competitions without a high commitment level.



DEVELOPMENT PATHWAY

Hamilton Aquatics' Learn to Swim teachers work closely with the Development Coaches to identify talented swimmers in the Learn to Swim programme, and create a smooth transition from a teaching environment to coaching groups as swimmers learn to train. Development coaches are responsible for developing swimmers' technical skills and trainability.



CLUB PATHWAY

Our Club Pathway offers an outlet for those swimmers who are keen to continue swimming, but do not wish to commit to the levels required within the Development or Performance Pathways, or for those who are late developers and may need to work on their skills or aerobic capacity before moving into those squads with more intense training.

Elite Squad – Squad Criteria

Pathway: Performance

Age Guideline: 15/over (Males) & 14/over (Females)

Training Venues: GEMS World Academy & Wellington Academy Al Khail

Lead Coach: Ash Morris **Assistant Coach:** David Mulligan **Land Conditioning Specialist:** Marko Bukvic

Aim: The aim of the Elite Squad is to create an elite training environment with individually tailored plans aiming to achieve podium performances at home National Championships and possible selection for Junior or Senior International teams. This will be supported by services such as video analysis, strength and conditioning sessions, physio, psychology, gym, nutritional advice and sports science. This squad is for swimmers with no other commitments or distractions other than school. If you cannot commit to the training you will be moved to a more suitable squad based on your commitment.

Squad Criteria:

- Junior or Senior International standard for home nation.
- Great attitude, commitment, communication, racing and training ability.
- Full commitment to swimming competition and training.
- Ability to swim all strokes over all distances in training and competition.
- Kick average under 1.30 per 100m (Based on 400, 300, 200, 100 kick test set)
- Males - Perform 1 x 200m IM in under 2.20 and 1 x 400m Free under 4.25
- Females - Perform 1 x 200m IM in under 2.35 and 1 x 400m Free under 4.40
- Complete repetitions off of base times of 1.20 Freestyle and 1.35 IM, per 100m, holding good technique and maintaining skills throughout.
- Coaches discretion based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: This will be on an individual basis between athlete and lead coach but it will be no less than 8 sessions per week for 48 weeks of the year. The lead coach will tell each swimmer which sessions will be best for them. During final exams, swimmers will still be expected to do at least 50% of their normal training week. There will be no exceptions made to the training commitment to train in this squad.

Competitions: It will be compulsory to attend any competition stipulated by the coach unless there is a National or International competition on the same dates. 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.

Target Cycles: Individual National/International Meets - Cycle 1 Sep-Dec, Cycle 2 Jan-Mar & Cycle 3 Apr-Jul

Team Trips: Mandatory team building training camp in October 2018. English Winter SC Nationals (December).

Other Competitions: HA Duel In The Pool (September), HA SC (October), Speedo SC (November), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

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

Performance Youth Squad – Squad Criteria

Pathway: Performance

Age Guideline: 15/over (Males) & 14/over (Females)

Training Venues: GEMS Dubai American Academy, GEMS International School & Wellington Academy Al Khail

Lead Coach: Alex Gray

Aim: The aim of the Performance Youth Squad is to create an elite training environment with individually tailored plans aiming to achieve good performances at home National Championships. This will be supported by services such as video analysis, strength and conditioning sessions, gym, nutritional advice and sports science. This squad is for swimmers with no other commitments or distractions other than school. If you cannot commit to the training you will be moved to a more suitable squad based on your commitment.

Squad Criteria:

- Commitment to your own competition and training.
- To swim all strokes over all distances in training and competition.
- Kick average under 1.40 per 100m (Based on 400, 300, 200, 100 kick test set)
- Perform 1 x 200m IM in under 2.45 and 1x200m Free under 2.20
- A minimum of one morning training session per week.
- Coaches discretion on based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: All swimmers in Performance Youth Squad must understand that this is a competitive squad and a minimum of 6 sessions per week must be attended – please understand that this is the minimum and swimmers are advised to train as much as they can to achieve their goals. Swimmers and parents must understand that this squad is a full commitment and should be for 48 weeks per year. Swimmers who cannot make the training commitment should move to the Competition Pathway.

Competitions: It will be compulsory to attend any competition stipulated by the coach unless there is a National or International competition on the same dates. 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.

Target Meets: Speedo SC (November), UK Meet (April) and Summer National/International (July).

Team Trips: UK Overseas Meet (Spring Break/Easter Holiday)

Other Competitions: HA Duel In The Pool (September), HA SC (October), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

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

Performance Age Squad – Squad Criteria

Pathway: Performance

Age Guideline: 13-15 (Males) and 12-14 (Females)

Training Venues: GEMS Dubai American Academy, GEMS World Academy & Wellington Academy Al Khail

Lead Coach: Stuart Sant

Aim: The aim of the Performance Age Squad is to create an elite 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. If you cannot commit to the training you should move to the Competition Squad.

Squad 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 1.45 per 100m (Based on 400, 300, 200, 100 kick test set)
- Perform 1 x 200m IM in under 2.45 and 1 x 400m Free under 5.00
- Coaches discretion on based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: Swimmers who are aged 13/under, must commit to a minimum of 6 sessions per week and swimmers who are aged 14/over must commit to a minimum of 7 sessions per week. Swimmers and parents must understand that this squad is a full commitment and should be for 48 weeks per year. Swimmers who cannot make the training commitment should move to the Competition Pathway..

Competitions: It will be compulsory to attend any competition stipulated by the coach unless there is a National or International competition on the same dates. 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.

Target Meets: Speedo SC (November), UK Meet (April) and Summer National/International (July).

Team Trips: UK Overseas Meet (Spring Break/Easter Holiday)

Other Competitions: HA Duel In The Pool (September), HA SC (October), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

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

Performance Junior Plus Squad – Squad Criteria

Pathway: Performance

Age Guideline: 12-13 Years **Minimum Age:** 11 Years **Maximum Age:** 14 Years

Training Venues: GEMS Dubai American Academy, GEMS World Academy & Wellington Academy Al Khail

Lead Coach: Alex Gray

Aim: The aim of the Performance Junior Plus Squad is to educate swimmers about the correct training and competitive pathways, continue to develop drills, stroke technique, starts and turns. Swimmers in this squad are expected to be at a later swimming or physiological development stage to some of their peers and therefore, more aerobic training will take place. The training environment remains fun, however a greater emphasis is placed on competition, training correctly and discipline. Swimmers will be aiming to compete at local and regional level whilst aspiring to compete in their home National Championships. 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.

Squad 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 3.00 and 1x200m Free under 2.40
- Coaches discretion on based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: All swimmers in Performance Junior Plus Squad must understand that this is a competitive squad and a minimum of 5 sessions per week must be attended. Older swimmers in the group must be looking to do a minimum of 6 sessions per week, based on the coaches advice.

Swimmers who cannot make the training commitment should move to the Competition Pathway.

Competitions: All swimmers in Performance Junior Plus 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.

Target Meets: Speedo SC (November), UK Meet (April) and Summer National/International (July).

Team Trips: UK Overseas Meet (Spring Break/Easter Holiday) or Muscat Open (March).

Other Competitions: HA Duel In The Pool (September), HA SC (October), Speedo SC (November), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

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

Performance Junior Squad – Squad Criteria

Pathway: Performance

Age Guideline: 10-12 Years **Minimum Age:** 9 Years **Maximum Age:** 13 Years

Training Venues: GEMS Dubai American Academy, GEMS World Academy & Wellington Academy Al Khail

Lead Coach: Stuart Sant

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 at 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.

Squad 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 1.05
- Perform 1 x 200m IM in under 3.10 and 1x200m Free under 2.45
- Coaches discretion on based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: All swimmers in Performance Junior Squad must understand that this is a competitive squad and a minimum of 4 sessions per week must be attended for swimmers aged 11/under and a minimum of 5 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.

Target Meets: Speedo SC (November), UK Meet (April) and Summer National/International (July).

Team Trips: UK Overseas Meet (Spring Break/Easter Holiday) or Muscat Open (March).

Other Competitions: HA Duel In The Pool (September), HA SC (October), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

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

Potential Squads – Squad Criteria

Pathway: Development

Age Guideline: 9-11 Years **Minimum Age:** 8 Years **Maximum Age:** 12 Years

Training Venues: Silicon Oasis (Coach Nesa Djurkin), Umm Suqeim (Coach Rob Stones), Jumeirah (Katie Baxa) and Springs/Meadows (Coach Rory Pardoe).

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. Swimmers who cannot commit to this level should look at the Club Pathway.

Squad Criteria:

- Swimmers shall be talent identified by the Head Development Coach into the Potential Squad based on competition performance, training ability, commitment, long term potential and listening skills.
- 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
- Coaches discretion on based on talent identification and long term potential.

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 Club Junior Squad and give other swimmers a chance.

Target Meets: Speedo SC (November), UK Meet (April) and Summer Sizzler (June)

Team Trips: UK Overseas Meet (Spring Break/Easter Holiday) or Muscat Open (March).

Other Competitions: HA Duel In The Pool (September), HA SC (October), Speedo SC (November), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June) & Development Series Meets (All Season).

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

Competition Development: Swimmers in Potential Squad (only) are now allowed to enter any race at the Development Series Gala's irrespective of QT's. This opportunity is designed to allow our swimmers to gain race experience in different events. With this in mind, we recommend that at each Development Gala, swimmers from Potential Squad enter 1 x 200m, 2 or 3 x 100m, 2 or 3 x 50m events – please speak further to your coach.



Development Squads – Squad Criteria

Pathway: Development

Age Guideline: 8-10 Years **Minimum Age:** 7 Years **Maximum Age:** 11 Years

Training Venues: Silicon Oasis (Coach Nesa Djurkin), Umm Suqeim (Coach Rob Stones), Jumeirah (Coach Katie Baxa), Springs/Meadows (Coach Rory Pardoe), Motor City (Coach Tristan Gatum) & Mirdiff (Coach Rami Bou Khodr).

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 Head Development Coach. Swimmers who cannot commit to the training should look at the Club Pathway.

Squad Criteria:

- 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 coaches discretion.
- Good tumble turns on Freestyle and Backstroke.
- Streamline and attempt dolphin kicks off of 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 amount 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.

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.

Team Trips: Muscat Open (March).

Other Competitions: HA First Series, HA Development Galas, HA Club Championships.

Equipment: Snorkel, Kickboard, Pullbouy, Fins, 2 x Drinks Bottles, Cap, Goggles, Costume, Mesh Bag



Foundation Squads – Squad Criteria

Pathway: Development

Age Guideline: 7-9 Years **Minimum Age:** 6 Years **Maximum Age:** 10 Years

Training Venues: Silicon Oasis (Coach Nesa Djurkin), Umm Suqeim (Coach Rob Stones), Jumeirah (Coach Katie Baxa), Springs/Meadows (Coach Rory Pardoe), Motor City (Coach Tristan Gatum) & Mirdiff (Coach Rami Bou Khodr).

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.

Squad 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 off of 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.

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.

Team Trips: Muscat Open (March).

Other Competitions: Novice Galas, HA First Series, HA Development Galas, HA Club Championships.

Equipment: Snorkel, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume



Competition Senior Squad – Squad Criteria

Pathway: Competition

Age Guideline: 14/Over

Lead Coach: Tom Hunter

Training Venues: GEMS Dubai American Academy, GEMS World Academy & Wellington Academy Al Khail

Aim: The aim of the Competition Senior 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 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 2.50 and 1x200m Free under 2.30
- Coaches discretion on based on talent identification and long term potential.
- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: All swimmers in Competition Senior Squad must understand that this is a competitive squad and a minimum of 4 sessions per week must be attended.

Competitions: All swimmers in Competition Senior Squad will be expected to attend regular competitions.

Team Trips: Muscat Open (March).

Other Competitions: HA SC (October), Speedo SC (November), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

Equipment: Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume

Competition Development: Swimmers in Competition & Performance Pathway (only) are now allowed to enter any HA meet irrespective of QT's. This opportunity is designed to allow our swimmers to gain race experience in different events.



Competition Junior Squad – Squad Criteria

Pathway: Competition

Age Guideline: 13/Under

Lead Coach: Marcus Barker

Training Venues: GEMS Dubai American Academy, GEMS World Academy & Wellington Academy Al Khail

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 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 10 x 50 Kick on 1.10
- Perform 1 x 200m IM in under 3.10 and 1x200m Free under 2.45
- Coaches discretion on based on talent identification and long term potential.

- All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Minimum Training Commitment: 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.

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

Team Trips: Muscat Open (March).

Other Competitions: HA SC (October), Speedo SC (November), HA LC (December), HA Club Championships (January), Middle East Championships (February), HA LC (May), HA Summer Sizzler (June).

Equipment: Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume

Competition Development: Swimmers in Competition & Performance Pathway (only) are now allowed to enter any HA meet irrespective of QT's. This opportunity is designed to allow our swimmers to gain race experience in different events.



Black Squad – Squad Criteria

Pathway: Club

Age Guideline: Swimmers will be selected based on ability with an age consideration. Younger swimmers at the correct standard, fulfilling squad criteria will also be invited into Black Squad.

Training Venues: Silicon Oasis, Jumeirah, Springs, and Umm Suqeim.

Aim: The aim of the Black Squad is to enhance the basic training skills learnt in previous squads and to ensure that each swimmer learns correct technique on stroke, starts and turns. A bigger focus is made on swimming fitness, making it a more challenging but fun environment. Swimmers will be encouraged to enter local swimming competitions for experience and overseas competitions will also be open.

Squad Criteria:

- Swimmers for both Black and Orange squads are selected purely on ability. Age is a guideline only, but it is important that swimmers are at the correct level.
- Swimmers must be able to swim efficiently for 400m Freestyle, 200m Backstroke and Breaststroke and 50m of good Butterfly – all without stopping. All of this will be at the coaches discretion.
- Swimmers must be legal on starts and turns on all strokes.
- Swimmers must be able to swim 200m IM under 4.00
- Basic lane discipline, e.g. using pace clock, streamlining, following instructions, leaving five second gaps in between each swimmer, attitude, application and execution.

Minimum Training Commitment: All swimmers should attend a minimum of 1 session per week.

Competitions: Whilst regular attendance at competitions is not compulsory for Black Squad, we do encourage swimmers to enter some competitions throughout the year to ensure motivation and fun. Our Club Galas are a great way to get started, in a fun, no pressure environment.

Team Trips: Muscat Open (March).

Other Competitions: Club Galas, HA Development Galas, HA Club Championships, HA Summer Sizzler, HA Long Course and HA Short Course.

Equipment: Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume

Orange Squad – Squad Criteria

Pathway: Club

Age Guideline: Swimmers will be selected based on ability with an age consideration. Older swimmers at the ability of other Orange Squad swimmers, maybe required to take part in this squad to work on skills, technique and fitness, before they can progress to the Black Squad.

Training Venues: Silicon Oasis, Jumeirah, Springs, Mirdiff and Umm Suqeim.

Aim: The aim of the Orange Squad is to improve swimming fitness whilst correcting stroke technique and learning stroke correcting drills. Swimmers will also be introduced to basic training techniques. The Orange Squad can be for swimmers who do not want to commit to training or competition and also for swimmers who have developed their swimming late.

Squad Criteria:

- Swimmers for both Orange and Black squads are selected purely on ability. Age is a guideline only, but it is important that swimmers are at the correct level.
- Perform 100m 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 coaches discretion.
- Attempt tumble turns on Freestyle and Backstroke
- Streamline and attempt dolphin kicks off of 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.
- Completion of the Hamilton Aquatics Learn To Swim Programme (Level 8)

Minimum Training Commitment: All swimmers should attend a minimum of 1 session per week.

Competitions: Whilst regular attendance at competitions is not compulsory for Orange Squad, we do encourage swimmers to enter some competitions throughout the year to ensure motivation and fun. Our Club Galas are a great way to get started, in a fun, no pressure environment.

Competitions Available: HA First Series, Club Galas, HA Club Championships and HA Development Gala's.

Equipment: Kickboard, Pullbouy, Fins, Drinks Bottle, Cap, Goggles, Costume

Squad Structure and Placement Considerations

The Hamilton Aquatics squad structure is designed with the Long Term Athlete Development Model (LTAD) in mind. The model has been developed by British Swimming, who are currently reaping the rewards of the program implemented 18 years ago. At Hamilton Aquatics, swimmers such as Double European Champion and London 2012 Olympic Finalist, Velimir Stjepanovic has already benefited from the initial years of this being put in place 10 years ago. We use LTAD as a guideline for the content, quantity and quality of training necessary to maintain the progress of athletes at every stage of their participation in their sport. These guidelines recognize that in a normal club like Hamilton Aquatics there will be a fairly broad variation in age, physical strengths and weaknesses, motivation, inherent skill and future potential that will go a long way to determine the position an individual will occupy within our squads. Consequently, when we consider which squad you fit in to we have taken in to account the following:

1) Competition Performance

Racing performance is the normal benchmark applied by swimmers and parents when making judgments with respect to their place in the squads, this is understandable. At face value this seems the best method but is not necessarily the most important, particularly at the early stages of development. For instance, some very naturally gifted swimmers are able to swim very fast in competition, but do not cope with the physical demands of the daily training regime.

We do recognise the motivational value in setting out some objective training and competitive performance standards for the swimmers to achieve. There for, we have created a series of requirements for each of the squads which, if completed, will qualify you for **consideration** for promotion to the next squad. In the majority of cases promotion or membership will almost certainly be achieved, but it does not give you automatic qualification.

2) Training Performance

Training performance is paramount when considering swimmers for promotion. The coaches have to be satisfied that the swimmers have the necessary skills, physical strength, application and resolve to benefit from joining the next stage of the scheme and to be able to cope with the increase in demand. Promoting a swimmer when they are not ready or equipped for the demand can have a negative effect on performance, motivation and can lead to injury.

3) Maturational Age v Chronological Age

We have all observed instances where a swimmer is ahead of others in maturational age, allowing their racing performance and their ability to cope with the training demands in advance of their peers. These swimmers' long term development may not be best served by promoting them as their social and emotional development will be quite normal for their age and from this perspective it is important that they are able to continue to engage and mix with swimmers of their own peer group and take part at a level they are comfortable with.

There may also be instances when we promote younger swimmers ahead of older swimmers if we believe it would be in their interest and they show particular ability and potential. This is not a reflection on the older swimmers, but a recognition that all swimmers develop at different rates.

4) Emotional Age

Whilst some swimmers may well be physically capable of taking part in a very challenging training regime, these same swimmers may not have the required level of self-discipline, application and resolve to cope with the training. We have to be certain that swimmers have the correct level of maturity in this respect for them to benefit from being promoted.



5) A Good Attitude

A good attitude is a characteristic common to all accomplished sportsmen and sportswomen. It tends to embrace concepts such as a positive outlook, an eager and energetic approach to training, a sound work ethic, good timekeeping, fair play, team work and a willingness to cooperate and engage with their team mates and the coaching staff. Having a good attitude will become an increasingly important consideration factor for promotion as they progress through the squads.

6) Aptitude and Potential

Between the coaching staff Hamilton Aquatics share a wealth of experience and knowledge in the sport of swimming cultivated over many years of coaching at every level of the sport. This gives them a unique appreciation of the potential of swimmers that is based the above variables and most importantly personal observations and instincts. From time to time therefore, some swimmers may be fast tracked in spite of the normal promotions protocol. This may seem unfair but is in the best interest of the individual.

Optimum Age Limits

Hamilton Aquatics is structured in such a way that each level of the LTAD is catered for and the membership of the squads reflects this in terms of the variables explained previously. The squad structure is also designed to be progressive where the standards, level of commitment and the demands of the training program increases at every stage. Consequently, there may come a point when some of you reach the upper age limit of the squad but fall short of the qualifying standards or decide not to accept the offer of promotion, and depending on the pressure the scheme experiences in finding places for new swimmers, you may be required to relinquish your place in order to make way for others. This principle will apply at every level of the scheme and is necessary for us to manage the program effectively and to continue to promote success.

Training Attendance

There is no doubt that the most influential variable on performance is attendance at sessions. It has been accepted for a long time that there is a high correlation between good swimming performance and a consistently high level of attendance at all prescribed training sessions.

The LTAD model provides guidelines in terms of the required frequency each week and duration of workouts recommended to fulfil the potential of the athlete at every stage of their development. We have tried to ensure that these guidelines are followed by the squad structure at Hamilton Aquatics. At the same time as this we have tried to make the sessions available as flexible as possible for each squad. Whilst we recognise that it is inevitable that swimmers may on occasion miss workouts for one reason or another, our position is that everyone in every squad must be aiming for 100% attendance of the sessions prescribed. We will prescribe training attendance on an individual basis, however should the attendance fall below that which is considered acceptable on a regular basis, the swimmers will find themselves challenged and at the same time encouraged to improve in order to retain their place in the squad.



Staff

Staff Contact List
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Pools and Locations

Hamilton Aquatics Training Venues
GEMS Dubai American Academy (Al Barsha) <i>Fully Covered, Outdoor, 8 Lane, 50m Pool (with movable boom to split into 2 x 8 lane 25m pools)</i>
GEMS World Academy (Al Barsha South) <i>Fully Covered, Outdoor, 6 Lane, 50m Pool & Teaching Pool</i>
GEMS Wellington Academy (Al Khail) <i>Indoor, 2 x 6 Lane, 25m Pools & Teaching Pool</i>
GEMS Jumeirah College (Jumeirah) <i>Fully Covered, Outdoor, 5 Lane, 25m Pool</i>
GEMS Jumeirah Primary School (Jumeirah) <i>Fully Covered, Outdoor, 6 Lane, 25m Pool & Teaching Pool</i>
GEMS Wellington International School (Al Sufouh) <i>Indoor, 5 Lane, 25m Pool & Teaching Pool</i>
GEMS Wellington Academy (Silicon Oasis) <i>Fully Covered, Outdoor, 6 Lane, 25m Pool & Teaching Pool</i>
Emirates International School (Umm Suqeim) <i>Fully Covered, Outdoor, 6 Lane, 25m Pool</i>
GEMS Metropole School (Motor City) <i>Fully Covered, Outdoor, 6 Lane, 25m Pool</i>
Dubai British School (Jumeirah Park) <i>Indoor, 8 Lane, 25m Pool</i>
GEMS International School (Al Khail) <i>Outdoor, 6 Lane, 25m Pool</i>
Uptown School (Mirdiff) <i>Indoor, 8 Lane, 25m Pool</i>



Club Kit and Equipment

EXCITING NEWS! We are proud to be sponsored by Arena and Sun & Sand Sports. With this partnership we get to take advantage of the best swimming products on the market at discounted prices for all Hamilton Aquatics swimmers and parents!

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. All swimmers must wear current and up to date squad kit, in line with our Arena sponsorship agreement.

Orange swim caps must be worn during all training and competitions for Hamilton Aquatics. These can be purchased at training sessions from the coach of the session or on Hamilton Bay.

At competitions swimmers must arrive in team kit, wear team kit on poolside and leave in team kit. When wearing team kit, it should be worn as smart as possible with the polo shirt tucked in to the shorts and any zips and buttons done up. Please remember you are representing your team, Hamilton Aquatics and you should be proud to do so.

ORDER TODAY!

All team kit and training equipment can be purchased now on Hamilton Bay – just log in to your account and order via the swim shop online there. Once you have made payment and placed your order, the coaches will bring your new kit or equipment to training that week!



Useful Swimming Websites

Hamilton Aquatics Dubai

www.hamiltonaquatics.ae - **Hamilton Aquatics Website**

www.facebook.com/hamiltonaquatics - **Hamilton Aquatics Facebook Page**

@HamiltonDubai – **Hamilton Aquatics Twitter Page**

hamilton_aquatics_dubai – **Hamilton Aquatics Instagram Account**

World Swimming

www.fina.org - **FINA**

www.swimvortex.com - **World Swim News**

www.swimswam.com - **World Swim News**

www.swimrankings.net - **Swimming Rankings**

National Swimming

www.britishswimming.org - **British Swimming**

www.uaeswimming.com - **UAE Swimming**

www.swimming.org.au - **Australian Swimming**

www.usaswimming.org - **USA Swimming**

www.swimsa.org - **South African Swimming**

www.swimming.ca - **Canadian Swimming**

www.swimmingnz.org.nz - **New Zealand Swimming**

Hamilton Partners

www.esportsuae.com - **ESM**

www.gemseducation.com - **GEMS Education**

www.sssports.com – **Sun and Sand Sports**

www.arenawaterinstinct.com - **Arena**

www.puresportsnutrition.me – **Pure Sports Nutrition**

www.monviso.com – **Monviso**



Squad Fees

Our squad fees are split over two terms with Term 1 being 21 weeks of swimming and Term 2 being 20 weeks of swimming, throughout the swimming season.

All payments must be made online on Hamilton Bay and bookings will be done on a first come, first served basis for paid swimmers.

Squad	Term Fee (Dirhams)
Elite Squad	Term 1 6615 AED & Term 2 6300 AED
Performance Youth Squad	Term 1 5515 AED & Term 2 5250 AED
Performance Age Squad	Term 1 5515 AED & Term 2 5250 AED
Performance Junior Plus Squad	Term 1 5305 AED & Term 2 5050 AED
Performance Junior Squad	Term 1 5305 AED & Term 2 5050 AED
Potential Squad	Term 1 4960 AED & Term 2 4725 AED
Development Squad	2 Sessions Per Week – T1 3150 AED & T2 3000 AED 3 Sessions Per Week – T1 3780 AED & T2 3600 AED 4+ Sessions Per Week – T1 3940 AED & T2 3750 AED
Foundation Squad	1 Session Per Week - T1 1945 AED & T2 1850 AED 2 Sessions Per Week – T1 3150 AED & T2 3000 AED 3 Sessions Per Week – T1 3780 AED & T2 3600 AED 4+ Sessions Per Week – T1 3940 AED & T2 3750 AED
Club Black Squad & Club Orange Squad	1 Session Per Week - T1 1945 AED & T2 1850 AED 2 Sessions Per Week – T1 3150 AED & T2 3000 AED 3 Sessions Per Week – T1 3780 AED & T2 3600 AED 4+ Sessions Per Week – T1 3940 AED & T2 3750 AED
Competition Senior Squad	Term 1 4960 AED & Term 2 4725 AED
Competition Junior Squad	Term 1 4960 AED & Term 2 4725 AED

Term Information, Payments & Conditions

Term Dates

- Term 1 - Sunday 9th September 2018 to Saturday 16th February 2019 (21 weeks swimming).
- Term 2 - Sunday 17th February 2019 to Saturday 6th July 2019 (20 weeks swimming).

Winter Break

- Performance Pathway – 1 Week.
- Competition, Development Pathway & Club Pathway – 2 Weeks.

Conditions

- When training is cancelled on Fridays due to competitions, all swimmers are entitled to a catch up session the following week. Coaches may professionally advise against this for certain individuals, but swimmers are entitled to use their catch up session if they wish.
- All catch up sessions must be agreed by the lead coach of the relevant squad.
- Swimmers in the Competition Pathway, Development Pathway and Club Pathway will have a complete two-week winter break during the above dates. Swimmers in the Performance Pathway will have training available but this will not be the full timetable due to staffing and training plans.
- Swimmers who withdraw from the program for any reason WILL NOT be entitled to a refund if they have attended more than two weeks of swimming. Swimmers who have attended more than two weeks will be entitled to a refund equating to 70 percent of the amount paid. Payments may not be carried forward or transferred to another swimmer.
- Each terms payment includes all holidays, breaks and any potential scheduled or unscheduled interruptions to training due to matters beyond our reasonable control, e.g. weather or maintenance. The fees cover coaching services and are not attributable to individual coaches. Whilst every effort will be taken to ensure that training schedule remains consistent, occasionally sessions may be reduced and coaches may be substituted due to tapering and competition commitments.
- Spaces are limited and are on a first come first serve basis no matter how talented you are. If you do not want to be disappointed, please ensure that registration and payment is made as soon as possible. Payment can be made by cash or cheque (made payable to Hamilton Aquatics). For swimmers who join after the first day of the season there will be a separate timetable of where and when you can pay. For swimmers joining the program from October onwards will have their fees calculated pro rata to the nearest half month.
- For bookings and administration enquiries, please email Sana Ibrahim at squads@hamiltonaquatics.ae and she will assist you.