
2017 - Achievements

- *Matthew Harding World Dwarf Champion 50Free*
- *Tori Sopp Selected for Mare Nostrum series*
- *Grace Gidman selected for Scottish National Junior Team*
- *Nathan Young Bronze Medal at Deaflympics*
- *National Achievements (British / English / Scottish)*
- *9 Swimmer's qualified*
- *3 Medals*
- *16 Finals*
- *29 Swims*

- *Regional Achievements: (Summer Age / youth)*
- *16 Swimmers Qualified*
- *9 Gold Medals*
- *20 Medals*
- *42 Finalist Swims*

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Wirral Metro Swimming Club

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Who's Who

Coaches:

Martin Brooks – Head Coach

Harry Pickering – Age Group Coach

Committee:

Basil Gillett – Chair

Mark Sopp – Vice Chair

Fiona Smith – Secretary

Craig Pickering – Treasurer

Carl Gidman – Swim Meet Manager

Irene Harwood – Membership Sec

Fiona Bell – Membership Sec

Claire Sopp – Swim Mark Co-ordinator

Squad Reps:

Youth Perf -Carl Gidman

Age Group - Doug Jardine

Youth Development – Fiona Bell

JD1/JD2 Irene Harwood

Welfare Officer:

Lesley Pickford

Performance Youth Squad

- Coach: Martin Brooks

- Sessions: 9 (Minimum of 7 should be attended)

Monday / Wednesday / Friday5.45 – 7.30am

Mon / Tues / Wed / Thur / Fri..... 5.30 – 7.30pm

Saturday7.15 – 11am

Land Training: Mon & Fri 4.30 – 5.25pm / Sat 7.30 – 8.30am

- Age: Male 14+ / Female 13+ (Skill / Maturity dependent)

- Aim: To compete at Regional / National Competitions

Attend Level 1 & 2 Open Meets

Further develop Technique for requirement of events

Have a cycle season targeting 2 or 3 targeted meets a season

Swimmers may be specialized to maximize potential

Train all energy systems using HR's where possible

- Requirements:

Swimmers must show the potential to be Regional Standard within the current season, the ability to acquire skills, the willingness to learn and improve as well as attendance will play a large factor in gaining entry to this squad.

Youth Development Squad

- Coach: Martin Brooks
- Sessions: 8 (Swimmers are expected to attend a minimum of 5)

Monday / Wednesday / Friday 5.45 – 7.30am

Monday / Wednesday / Friday 7.30 – 9pm

Thursday 7.30 – 8.30pm

Saturday 7.30 – 10am (Gym 7.30 – 8.30)

- Age: Males 13+ / Females 13+
- Aim: To learn about HR training and energy systems

To have a varied weeks training that is challenging

200/400IM Approach (Versatile Swimmers)

Compete at Level 1/2/3 Open meets

Develop all Strokes and races skills to a higher standard

Swimmers may be specialized

To allow late developers the opportunity to progress

- Requirements:

Must show the willingness to learn and make one's self better.

Attendance and attitude will play a big factor in been selected for this group

Welcome to Wirral Metro SC

Who are we?

Wirral Metro was set up in 2004 to be the performance club on the Wirral. We cater for swimmers aged 9 – 18+ who wish to take swimming seriously and wish to compete at County / Regional / National and International standard.

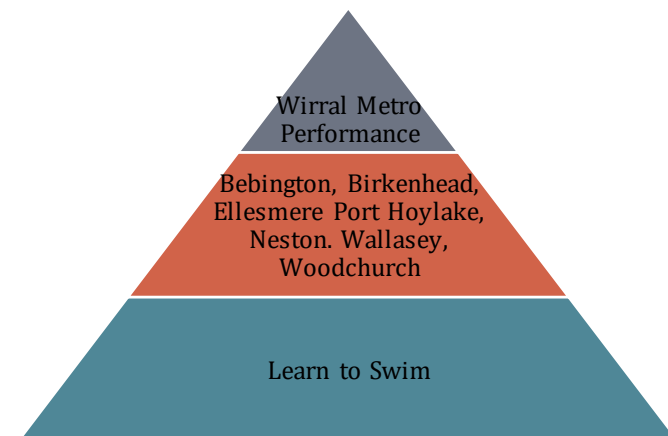
Our Mission

At Wirral we strive to make each swimmer 'The best swimmer they can be'. We understand each swimmer has individual requirements and aim to coach the person. We aim to develop athletes physically and psychologically. We feel the commitment it takes to excel in swimming will teach skills that can used later in life as well as swimming.

Staff

Martin Brooks and Harry Pickering who work for the club full time run the Wirral Metro Swim Programme. Both are former National finalist's swimmers themselves, between them they have worked with Olympians and multiple international / national swimmers.

Pathway



Squads:

Junior Development 1 / 2

- Coach: Martin Brooks / Harry Pickering
- Sessions: 5 (All swimmers should be aiming for 4 per week)
 - Monday 7.30 – 9pm
 - Wednesday 7.30 – 9pm
 - Thursday 7.30 – 8.30pm
 - Friday 7.30 – 9pm
 - Saturday 7.15 – 9am
- Age: JD1: 8- 10 years
JD2: 10 – 12 years
- Aim: To develop technique of all 4 strokes (100/200IM Approach)
 - Teach / Develop race skills (Starts/turns/finishes)
 - Learn to use the pace clock
 - Have a good understanding of Basic / Medium /Advance drills
 - Develop underwater fly kicking / Free kick
 - Learn about Stroke count and Distance per stroke
- Requirements:
 - Swimmers must show potential to be County Standard

Age Group Squad

- Coach: Harry Pickering
- Sessions: 8 (All swimmers should aim for a minimum of 6)

Monday 5.30 – 7.30pm	Gym 4.30 – 5.25pm
Tuesday 5.30 – 7.30pm	
Wednesday 5.45 – 7.30am	
Wednesday 5.30 – 7.30pm	
Thursday 5.30 – 7.30pm	
Friday 5.45 – 7.30am	
Friday 5.30 – 7.30pm	Gym 4.30 – 5.25pm
Saturday 8.30 – 10.30am	Gym 7.30 – 8.30am

*All swimmers are expected to arrive 20mins prior to each session to complete pre pool and stay 15minutes after each session to complete post pool exercises.

- Age: 11 – 14yrs (Depending on physical maturity and ability to train)
- Aim: To learn about HR training and energy systems
 - To have a varied weeks training that is challenging
 - 200/400IM Approach (Versatile Swimmers)
 - Compete at Level 1/2/3 Open meets
 - Develop all Strokes and races skills to a higher standard
- Requirements:
 - Minimum County Standard
 - Swimmers must exhibit the traits to be able to progress to Regional Standard