

## ASA Registration

On July 8<sup>th</sup>, the A.S.A. South East agreed to accept the registration and constitution of ISIS Aquatics as a category 5 club. That simply means as soon as we receive the final paperwork from the National A.S.A. we are accepted as a club and will automatically be associated with Oxford and North Buckinghamshire sub region (often called county.) It also means for next season ISIS can swim as ISIS in level 1 & 2 competitions including Regional and National Championships.

## End of Season

The last training session of this season will be on Saturday 24<sup>th</sup> of July. At that session we will have in attendance the Regional Development Coach, Rosa Gallop who is coming to see what we do and help determine what resources the SE Region can put in place to help us and our swimmers and coaches.

Because of Rosa's presence it would be desirable for as many Swimmers and Coaches to attend as possible. It would also give parents a golden opportunity to discuss with coaches and Rosa issues that they consider relevant.

**SO PLEASE ENSURE THAT YOU ATTEND ON THE 24<sup>th</sup> July.**

## Pre-Season Camp

If you have not already booked for the pre-season camp, Mon 23rd August to Fri 27th August at Abingdon School, **you need to book now**. It is well worth the £50.00 for ISIS Club Members (yes that is

anyone who is a member of the ISIS partnership, you don't have to swim with ISIS!)

## Plans for Next Season

On the advice of the coaching panel, next season will be organised differently! The intention is to work the sessions on a four week cycle, with adjustments to take into account various events.

**Week One** is for the main ISIS swimmers and will be a training session.

**Week Two** is for the development squads, your home coaches will let the swimmers know who they are.

**Week Three** is for the main ISIS swimmers and will be a training session.

**Week Four** is a stroke clinic that can be attended by either members of the main squad or of the development squad as the swimmer and their home coach select.

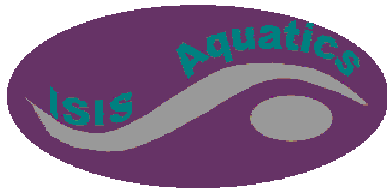
All ISIS swimmers and coaches will be expected to commit to attending a minimum number of sessions throughout the season. However a "pay as you go" or a token system will be used.

The committee and coaches are also investigating holding a number of one day camps at major venues in the South East area, together with scheduling in some level 1 and 2 meets.

We hope to have a final idea on kit for the swimmers to consider, by the 24<sup>th</sup> July – another reason to attend!!

Please keep an eye on our website , which should be up and running before the 24<sup>th</sup>.

**NEW SEASON 28<sup>th</sup> August**



## WHAT IS ISIS?

The committee of ISIS has received wide complaints about an absence of information about ISIS and what it exists for. So we will attempt to explain it in the following paragraphs.

ISIS is a partnership of eight of the ten competitive swimming clubs in Oxfordshire. These clubs are, in no particular order:

City of Oxford Swimming Club, Abingdon Vale Swimming Club, Wantage White Horses Swimming Club, Banbury Swimming Club, Thame Swimming Club, Four Shires Swimming Club, Kidlington & Gosford Swimming Club and Witney and District Swimming Club

As you can see your club is a partner. **Because of this every member of your club is a member of ISIS although they may not be asked to swim for them, just yet.**

ISIS is not like any other normal club, it is an extension of your own club. It can only do those things that the partner clubs agree to. So it cannot poach your better swimmers, in fact it is designed to help ensure that the partner clubs are better able to retain their better swimmers, by helping club coaches improve the training of their swimmers.

ISIS is attempting to do this in various ways, including:

**Providing** additional training sessions, at which the top swimmers from each club can train together, hopefully, with each club having one or more of its own coaches involved in coaching the session. It is not possible in most clubs

for better swimmers to have peer competition in training.

**Providing** a method of coaches exchanging and developing coaching ideas, thereby improving each coach's individual level of contribution within their own club.

**Providing** an extra target for swimmers to strive for, by having an "Elite" status. In fact only about 10% of the clubs' membership are likely to become members of the ISIS Swim Squad.

The ISIS swim squad is selected on a criteria that is set by the ISIS coaching panel, which consists of all of the head coaches of the partner clubs. The current criteria is that a swimmer must be within 5% of at least one regional time. Your club coach can tell you if you qualify, and if not, how you can achieve it.

ISIS is also interested in playing a part in developing those swimmers who could achieve the required standard. This group we refer to as the development squad, and we do run sessions for this group. Once again your Head Coach can tell you if you qualify, and if not how to improve to get into that group.

ISIS is simply committed to improving the quality of swimming within Oxfordshire and giving each swimmer a better chance to achieve their own dreams and aspirations.

ISIS cannot do this alone, it can only do it by helping each club to do a little more and then adding a bit extra. That we believe is the route to success.