

Policy for entry into the Advanced Coaching Scheme

The Advanced Coaching Scheme (ACS) is run and maintained by Birmingham City Council and is for highly talented individuals who have the potential to excel at national and international level. The demands of the scheme are high, but that is what is required to succeed in elite sport today.

Members of the ACS are required to become members of the City of Birmingham Swimming Club and compete under that banner. Birmingham City Councils Swimming Development Officer coaches the ACS while the rest of the coaching staff is also employed through the city council. The swimming development officer then holds the honorary title of Head Coach of the City of Birmingham Swimming Club.

Swimmers are required to be dual registered, as the City of Birmingham Swimming Club doesn't compete at county championships, Speedo league, 'Diddy' league etc. Swimmers compete for their 'home' club at these competitions.

The Swimming Development Officer runs one session a week on a Saturday morning where swimmers are invited to come along and work on specific areas such as turns, starts, finishes, underwater swimming etc. These swimmers are invited along after consultation with the Head Coaches of the local clubs. This series of sessions usually lasts from January to July when some of the swimmers may be invited to join the City of Birmingham Swimming Club ready for the start of the new season in September.

This is not the only route into the City of Birmingham Swimming Club. The club will give trials to any swimmer wishing to join the swimming club. This trial will consist of one (or a series of) session with the swimming club under the direction of the coaching staff.

Due to the nature of the scheme and its focus at a very high competitive level places are limited. The coaching staff will look at a wide range of factors influencing the decision to offer a swimmer a place, not just their current times or competition placing. Long term potential and ultimately placing swimmers on Olympic Teams is our goal and forefront in our thinking when offering swimmers a place.

Adam Ruckwood
Head Coach – City of Birmingham Swimming Club
Swimming Development Officer / Coach – Birmingham City Council
House of Sport
300 Broad Street
Birmingham
B1 2DR
0121 464 6016
adam_ruckwood@birmingham.gov.uk