



Club Handbook 2023/24 Season

Hackney Aquatics Club (**HAC**) is a competitive swimming club aiming to provide a fun and inclusive environment for swimmers of all ages and abilities. The club provides opportunities for communities in London to **swim for life**, with squads available for all children aged 7+ right the way through to our comprehensive masters squad.

Performance is an important part of Hackney Aquatics, with many swimmers competing at County, Regional and National championships. The club currently boasts more than 10 British and English National qualifiers with multiple finalists and medallists. Through high quality focused coaching and a commitment to the sport, the club aims to enable swimmers to progress from our Academy programme to British National podiums and to ensure all swimmers reach their performance potential.

Another exciting aspect of our performance pathway is the [London Roar Academy \(LRA\)](#) network. Joining other clubs in the region, including Chelsea and Westminster, Greenwich Royals and Anaconda Swimming Club (**ASC**), is a combined senior performance squad that sits at the top of our performance programme. The lead coach of the LRA is GB Olympic Coach, Lisa Bates, and it provides further opportunity for our elite swimmers to train with some of the best swimmers in the country. A junior LRA tier provides for the best young swimmers in each of the LRA network clubs to have a similar experience at an earlier point in the performance pathway.



HAC is also a founding member of the East London LAC Network that provides opportunities for swimmers yet to reach county times or new to the sport. Additionally, Hackney Aquatics has a special relationship with Anaconda Swimming Club with whom we have been running a combined performance programme since 2022.



We also offer a rich programme for swimmers who chose to train less often but still want to compete. The lead coaches of these squads will work through a training and [competition calendar](#) with the swimmers to suit their goals. Swimmers who enjoy training, socialising and keeping fit but do not wish to compete, can also swim in our fitness squads and enjoy swimming in a more relaxed environment with no attendance expectations.

We do our best to reduce barriers for participation in swimming and, thanks to support from generous supporters, including Hackney Council, we run an [access fund](#). The concessions are available towards the cost of the monthly squad subscription fees and the cost of the annual HAC membership fee. Concessions are also available for families of three or more swimmers, where the third (or more) swimmer would be eligible.

Keeping young swimmers involved in sport is imperative, and it is important that alongside developing good technique and skills, swimmers enjoy their time with Hackney Aquatics. We encourage fun and enjoyment at every session as well as motivating and developing a strong team ethic. Our dedicated team of volunteers organise squad socials, outings, camps and the opportunity to take part in other aquatic activities such as open water swimming.



As part of our commitment to swimming for life we also run a [Young Volunteer programme](#) to help our swimmers develop skills outside of the water. Most of our coaches have taken this route to rewarding employment and the opportunity to inspire the next generation.

Our goal is to be renowned for developing highly skilful, technical and successful swimmers by providing high quality coaching in an inclusive and enjoyable environment.

Our Masters squad is a diverse group of swimmers ranging from 18 to 65 and beyond.

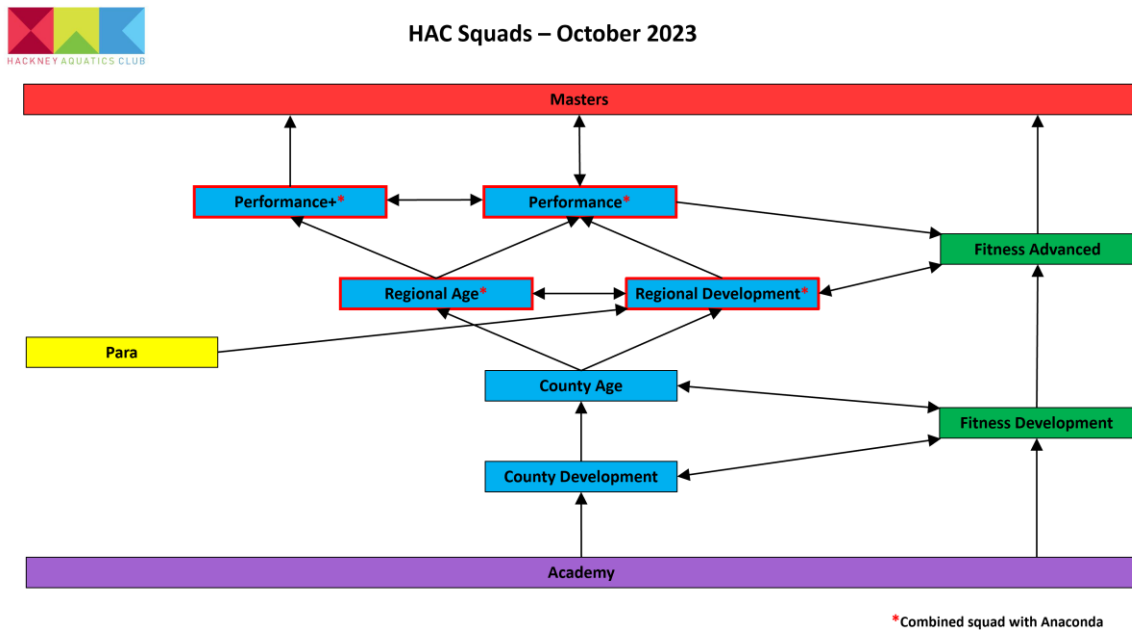
Those of our HAC Masters who want to compete are encouraged to do so and Masters enter a range of competitions from local swimathons and open water swims to County, National and European Championships.

Many other of our Masters swim only to improve their fitness and mental wellbeing and enjoy the benefits of our varied coached training sessions and sociable club.



Squad Structure and Coaches

Hackney Aquatics has developed a squad structure which aims to align swimmers of similar ability but, more importantly, similar goals and commitment to the sport. This structure but also recognises that swimmers’ ambitions and circumstances change across time. Our current squads are shown in the diagram below, with arrows indicating potential movements between squads over time.



Squad

Performance+

Performance

Regional Age

Regional Development

County Age

County Development

Para

Fitness Advanced

Fitness Development

Academy

Masters

Lead coach

David Broadbent (Director of Swimming)

Joe Grubb (ASC Head Coach)

Madison Taylor (HAC) & Sydney Celul (ASC)

David Broadbent

Dhaval Gajre

Dhaval Gajre

Bryan Piedra Ojeda

David Broadbent

David Broadbent

Dhaval Gajre

David Broadbent

Our [current training timetable](https://www.hackneyaquaticsclub.org/schedule) for these squads is available online at on our website: <https://www.hackneyaquaticsclub.org/schedule>

Detailed squad descriptions

These criteria are a guide, and all decisions will be made at the discretion of the coaching team.

Performance+

- Minimum performance expectation – English Nationals (or top 20 in Britain for swimmers too young for Nationals)
- Minimum attendance expectation – To be discussed with coach depending on a variety of different factors.
- All swimmers in this squad should be focussed on performance and create a culture of excellence
- Combined between HAC & ASC

Number of sessions per week: 8 (Plus 1 'top up' session on a Sunday if swimmers require it)

Number of hours per week: 15

Number of Gym sessions per week: 3

Coaches: David leads, Joe assists – Minimum 2 coaches on poolside every session

Swimmers arrive from: Regional Age or Performance

Swimmers could move to: Performance or Masters



Performance

- Age – 15+ as of 31st December 2024
- Minimum performance expectation – Regional qualifier
- Minimum attendance expectation – 4 sessions
- All swimmers in this squad are serious competitive swimmers who are at least Regional standard. National swimmers may be in this squad if they cannot commit to the training of the Performance+ squad
- Combined between HAC & ASC

Number of sessions per week: 8 (5 of these alongside Performance+)

Number of hours per week: 14.5

Number of Gym sessions per week: 3

Coaches: Joe leads, David will be a coach on 6-7 of their sessions each week

Swimmers arrive from: Performance+, Regional Age, Regional Development or Masters

Swimmers could move to: Performance+, Fitness Advanced or Masters

Regional Age

- Age – 11-14 as of 31st December 2024
- Minimum performance expectation – Regional qualifier
- Minimum attendance expectation – 4 sessions
- All swimmers in this squad are serious competitive swimmers who are targeting Regional standard
- Combined between HAC & ASC

Number of sessions per week: 6 (Some swimmers may be invited to mornings as top up)

Number of hours per week: 10

Number of gym sessions per week: 1

Coaches: Madison and Sydney (Plan designed by David)

Swimmers arrive from: County Age or Regional Development

Swimmers could move to: Performance+, Performance or Regional Development



Regional Development

- Age – 13-18 as of 31st December 2024
- Minimum performance expectation – Aiming for counties
- Minimum attendance expectation – 4
- All swimmers in this squad are competitive swimmers, who are expected enter competitions when required by the coach
- Combined between HAC & ASC.

Number of sessions per week: 6

Number of hours per week: 10

Coaches: David and Joe

Swimmers arrive from: Regional Age, County Age, Fitness Advanced or Para

Swimmers could move to: Regional Age, Performance, Fitness Advanced

County Age

- Age – 9-12 as of 31st December 2024
- Minimum performance expectation – County swimmer (ideally finals or close to)
- Minimum attendance expectation – 4 sessions (swimmers in this squad are building to performance), some younger swimmers may do 3 sessions
- All swimmers in this squad should be focussed on skills and drills, but be focussed towards becoming performance swimmers in the future
- HAC or ASC only

Number of sessions per week: 5 (older swimmers will have a 6th session with RA)

Number of hours per week: 7.5 or 9.5

Number of gym sessions per week: 1

Coaches: Dhaval with 1 assistant each session

Swimmers arrive from: County Development or Fitness Development

Swimmers could move to: Regional Age, Regional Development or Fitness Development



County Development

- Age – 8-11 as of 31st December 2024
- Minimum performance expectation – County (or close to)
- Minimum attendance expectation – 3 sessions (some younger swimmers on 2 sessions)
- All swimmers in this squad should be focussed on skills and drills, but be focussed towards becoming performance swimmers in the future
- HAC or ASC only

Number of sessions per week: 5

Number of hours per week: 7.5

Coaches: Dhaval leads programme

Swimmers arrive from: Academy or Fitness Development

Swimmers could move to: County Age, Fitness Development

Academy

- Age – 7-10 as of 31st December 2024
- No performance or attendance expectations
- Swimmers will be working on the basic skills that will prepare them for future training
- HAC only

Number of sessions per week: 4 (each swimmer does 2)

Number of hours per week: 3.5 (1 hour 45 each)

Coaches: Dhaval leads programme

Swimmers arrive from: GLL Learn to Swim, ASC Swim School

Swimmers could move to: County Development, Fitness Development

Fitness Advanced

- Age – 13+
- No performance or attendance expectation
- Swimmers are swimming for fitness
- HAC only

Number of sessions per week: 4

Number of hours per week: 6

Coaches: David leads programme

Swimmers arrive from: Fitness Development, Regional Development, Performance

Swimmers could move to: Regional Development, Performance, Masters



Fitness Development

- Age – 15 and under
- No performance or attendance expectation
- Swimmers are swimming for fitness
- HAC or ASC only

Number of sessions per week: 3

Number of hours per week: 3.5

Coaches: David leads programme

Swimmers arrive from: Academy, County Age or County Development

Swimmers could move to: Fitness Advanced, County Age or County Development

Para

- Age – 8 and over
- No performance or attendance expectation
- Swimmers are swimming for fitness or competition but that is optional
- HAC only

Number of sessions per week: 1

Number of hours per week: 1.5

Coaches: Bryan

Swimmers arrive from: GLL Learn to Swim, London Disability Swimming

Swimmers could move to: Regional Development, National Disability team

www.hackneyaquaticsclub.org



HACKNEY AQUATICS CLUB

**BECOME A FRIEND OF
HACKNEY AQUATICS
CLUB & SUPPORT
THE ACCESS FUND**

The club's mission is to give every young person in East London the opportunity to swim and our Access Fund supports 1 in 5 club swimmers.

   [hackneyaquatics](#) 

Masters

- Age – 18+
- No performance or attendance expectation
- Masters swimmers will have different individual goals, some fitness and some competitive
- HAC only.
- Three options for membership fees with increasing pool time with each tier.

Number of sessions per week: up to 9

Number of hours per week: up to 13.5

Coaches: David leads programme

Swimmers arrive from: Performance+,
Performance or Fitness Advanced

Swimmers could move to: Performance



Joining Hackney Aquatics Club is easy: whether you are an experienced competitive swimmer, a Masters swimmer, you are ready to move on from Swim School, if you are a Para Swimmer or you want to swim to keep fit. Just [click here](#) to give us some brief information, and we will be in touch to arrange a trial. We currently have capacity in some of our squads and managed waiting lists in others but will always do our best to help.

We are a SwimMark accredited club. For details about all our codes of conduct, policies and more please check our website: <https://www.hackneyaquaticsclub.org/hac-policies>



To see some of what we get up to please follow our socials:



Insta: @hackneyaquatics



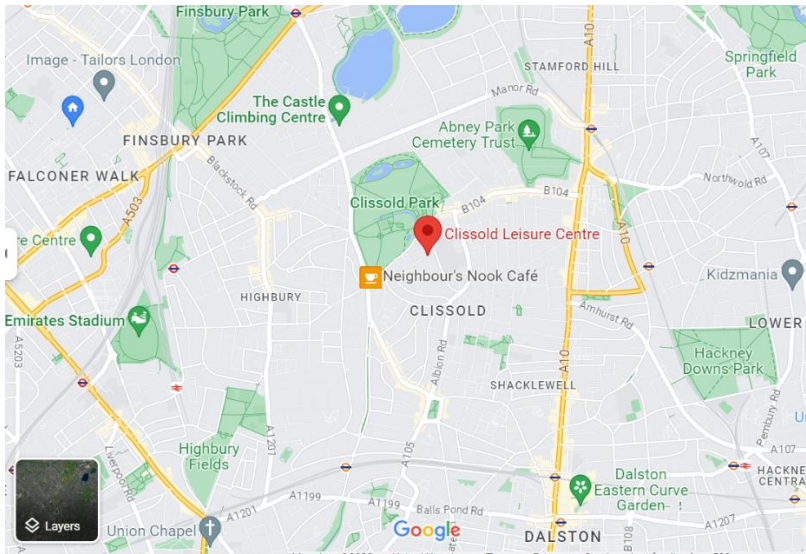
Twitter: @HackneyAquatics



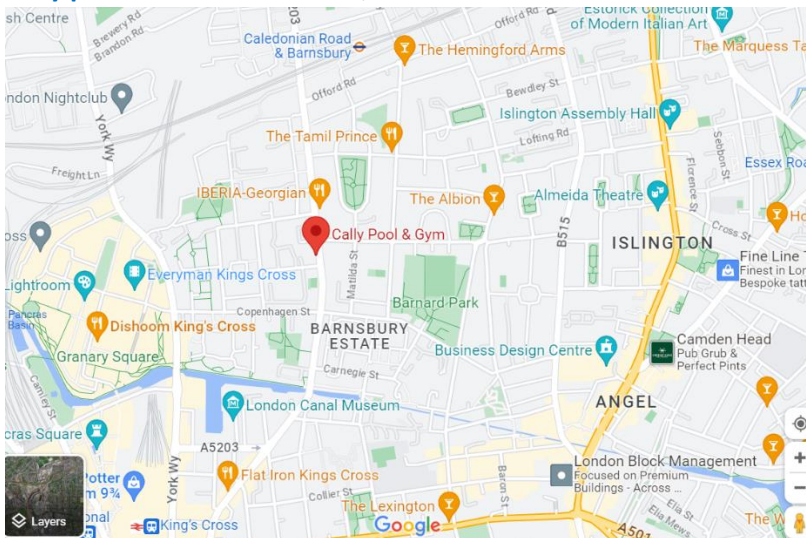
FB: @hackneyaquaticsclub

Location of our swimming pools in north/east London

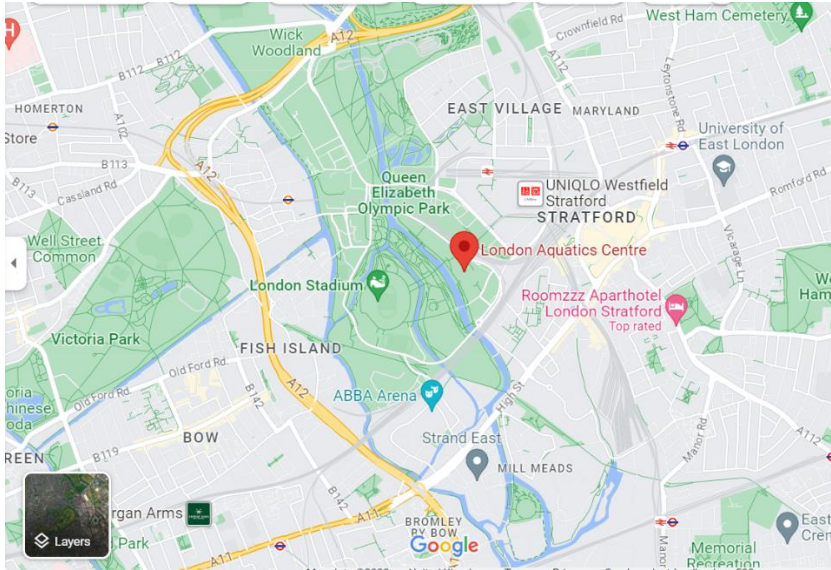
Clissold leisure centre: 63 Clissold Rd, N16 9EX



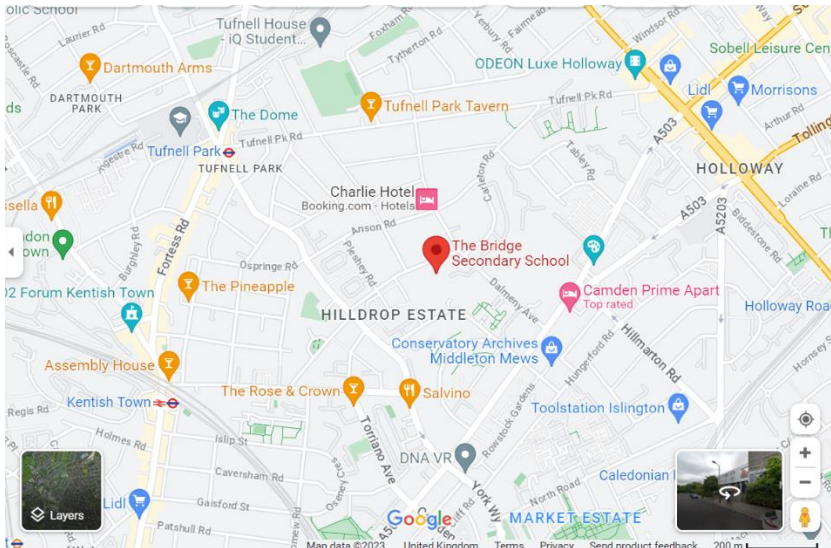
Cally pool: 229 Caledonian Rd, N1 0NH



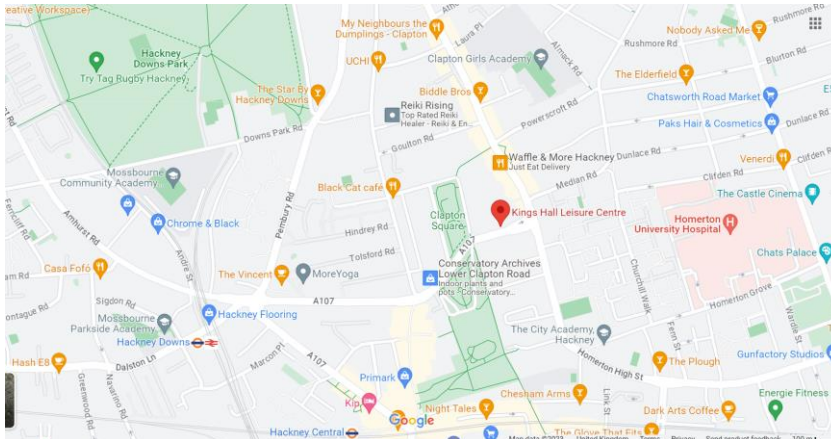
London Aquatic Centre: Queen Elizabeth Olympic Park, E20 2ZQ



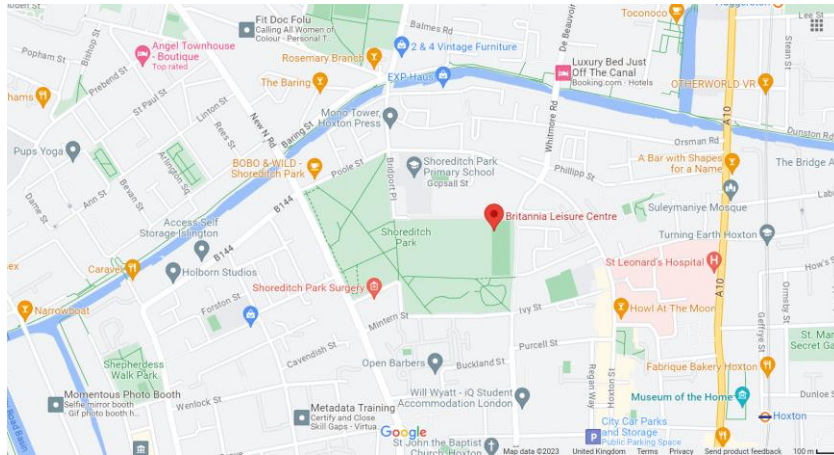
"Beacon" The Bridge Secondary School: 28 Carlton Road, N7 0EQ



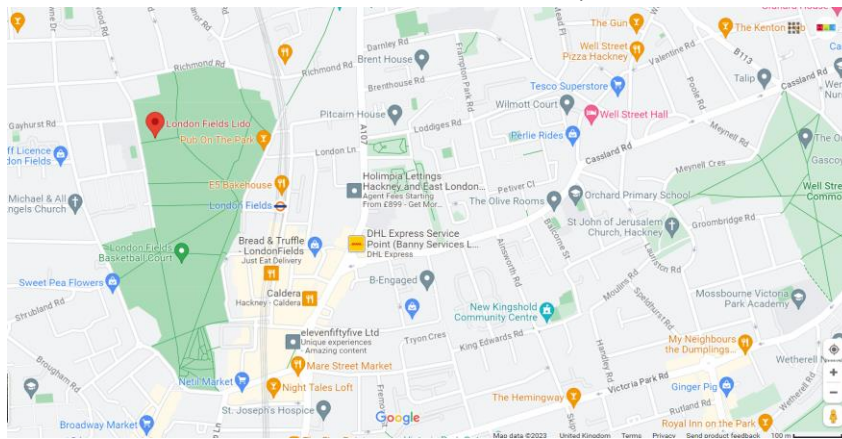
Kings Hall leisure centre: 39 Lower Clapton Rd, Lower Clapton, London E5 0NU



Britannia leisure centre: Pitfield St, London N1 5FT



London Fields lido: London Fields West Side, London E8 3EU



West Reservoir Water Sports Centre: Green Lanes, Woodberry Down, London N4 2HA

