

NPC VISIT REQUEST FORM

NATIONAL PERFORMANCE CENTRE (NPC) - MANCHESTER

The British Para-Swimming NPC is located at Manchester Aquatics Centre (MAC). The NPC is the National Centre and a hub for British Para-Swimming. The aquatics centre was purpose built for the 2002 Commonwealth Games, costing £32m and boasts some of the country's best swimming facilities. The NPC prides itself on its World Class facilities, daily training environment and support services. This 'One Stop Shop' facilitates access to full time World Class coaching staff and Sport Science and Sport Medicine services delivered through the British Para-Swimming team and English Institute of Sport (EIS) North West.

WHO IS ELIGIBLE TO TRAIN AT THE NPC?

All WCP and WCPP athletes have access to the NPC on a full time or part time basis. Access to NPC must be agreed and arranged with the athletes Home Programme Coach, Home Programme Liaison and NPD. The NPC is limited by availability please refer the procedure below for more information.

If an athlete would like to train full time at the NPC they must fulfil the following criteria:

- Athletes identified as medal potential for Rio 2016 Paralympic Games.
- Athletes identified by the GB Head Coach or National Coach as having the appropriate level of performance, commitment and attitude to meet the demands of a NPC training environment.
- Athletes must be on a World Class Programme and approved by the NPD Para-Swimming. Priority will be given to WCP athletes with second tier priority D, then E, then F level WCPP athletes.
- The GB Head Coach or National Coach would be fully involved in this process with the HPL.

PROCEDURE TO ACCESS THE NPC'S	
1	In conjunction with your Home Programme Coach contact your HPL to express your interest.
2	HPL will contact the relevant GB Head Coach or National Coach and NPD to approve.
3	Your HPL will confirm whether you may have access to NPC.
4	British Para-Swimming office will contact you regarding a formal trial of the NPC.

COACHING TEAM

Rob Greenwood – GB National Head Coach

Having represented Great Britain at senior level from 1997-2002, competing at the Olympic Games, Commonwealth Games, World and European Championships, Rob retired in 2002.

Rob began coaching at Gallica SC in 2004, where he had athletes represented at every junior level winning World and European Junior Gold medals, Rob then moved to Stirling Intensive Training Centre (ITC) in 2008, latterly becoming Head Coach of the programme late 2010. Whilst there he placed athletes on every GB senior team with them making finals at every level including medals at Commonwealth Games.

He brings numerous years of international experience as an athlete and a coach to the role of National Head Coach Para-Swimming, helping guide the programme as we prepare for the Rio 2016 Paralympic Games.

Graeme Smith – National Coach (NPC Manchester)

During a successful swimming career, in which he won medals at all major games, including an Olympic Bronze medal in Atlanta in 1996 he maintained a world top 10 World Ranking for 11 consecutive years. In his roles since retiring from swimming, Graeme has had the opportunity to observe, learn from and work with many World Class coaches, who have achieved Olympic success. These roles included:

- Athlete Liaison Officer at British Swimming - mentoring the senior athletes for the Beijing Olympics
- Athlete Talent Manager at an elite sports management company - managing some the UK's top Olympic and Paralympic talent leading up to London 2012
- Assistant Coach at the Loughborough ITC - working with their elite athletes, including David Davies prior to his Olympic Silver medal in Beijing 2008.

These experiences and the knowledge gained in these roles will allow him to add value not only in the role of National Coach in Manchester but within the whole Para-Swimming programme over the coming years.

MANCHESTER NPC FACILITIES AND BENEFITS

- 4 Lane 50m pool with moveable boom that can be configured into 2 x 25m pools
- State of the art NPC strength and conditioning facility and weights gym, which is regularly maintained and modernised
- Sport Science and Sport Medicine support as required
- British Para-Swimming office (locally)
- OMEGA OSB9/12 Hybrid blocks and electronic timing equipment
- Onsite free parking for visiting athletes

Also on site;

- 8 lane 50m competition pool which can be configured to a 25m and 23m pool
- 6 lane 25m Diving pool, depth 5.1m
- Observation windows in the 50m competition pool and diving pool
- Leisure pool
- Large spectator viewing galley
- Workout / fitness studios and health suite
- Conference and meeting rooms
- Poolside cafe and viewing area
- On and off site parking

Name: _____

Home Programme/ Club: _____

HPC: _____

HPL: _____

REASON FOR VISIT:

- Training
- Trial
- Relocation
- Testing
- Other (please state) _____

Dates of visit: ___/___/___ - ___/___/___

DO YOU REQUIRE ACCOMMODATION?

- Yes
- No

If Yes which dates will you arrive and depart? ___/___/___ - ___/___/___

WOULD YOU PREFER TO STAY AT EITHER

- Swim flat
- Hotel

DO YOU REQUIRE ANY S&C SUPPORT WHILE AT THE CENTRE?

- Yes
- No

NATIONAL PERFORMANCE CENTRE TRAINING TIMES

Weekly Training Schedule at the NPC

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A.M. (L/C)		A.M. (S/C)		P.M. (L/C)		A.M. (S/C)		A.M. (S/C)		A.M. (S/C)	
0700-0715	Dryland: Loosen	0700-0715	Dryland: Loosen	0700-0715	Dryland: Individual warm up	0700-0715	Dryland: Loosen	0700-0715	Dryland: Loosen	0700-0715	Dryland: Individual warm up
0715-0930	Swim Session	0715-0930	Swim Session	0715-0930	Swim Session	0715-0930	Swim Session	0715-0930	Swim Session	0715-0930	Swim Session
0930	Dryland: Weights			0930	Dryland: Weights			0930	Dryland: Weights		
P.M. (L/C)		P.M. (S/C)		P.M.		P.M. (L/C)		A.M. (S/C)		P.M.	
1515	Dryland: Individual warm up	1430	Dryland			1300	Dryland	1515	Dryland: Individual warm up		
1530-1800	Swim Session	1515	Dryland: Individual warm up			1345	Dryland: Individual warm up	1530-1800	Swim Session		
		1530-1800	Swim Session			1400-1600	Swim Session				

Variations to the above schedule will be notified on a daily or weekly basis.

DO YOU REQUIRE THE CATERING SERVICES AT THE POOL?

Yes

No

If yes which package do you require?

Gold	3 meals a day and 2 snacks (Monday – Friday), plus breakfast Saturday. 16 meals a week	£40 (including VAT)	<input type="checkbox"/>
Silver	3 meals a day and 2 snacks (Monday – Friday), plus breakfast Saturday. This does not include Wednesday lunch & dinner and Thursday breakfast (based upon NPC training times). 13 meals a week	£35 (including VAT)	<input type="checkbox"/>
Bronze	Pay as you go	Breakfast - £2.50 Lunch - £5.00 Dinner - £5.00 Snacks - £1.50	<input type="checkbox"/>

WOULD YOU LIKE TO MEET WITH ANY STAFF WHILE AT THE CENTRE?

- Coaching staff
- S&C
- Physio
- Performance Lifestyle
- Nutritionist
- Psychologist
- Medical
- Other (please state)

Athlete/ Parent/ Guardian (if athlete U18 or unable to sign): _____

HPC or Club Rep: _____

HPL: _____

Head Coach/ NPD: _____