SwimSquad™
Behind every swim, a whole squad

Training pilot

Plan the work. Guide the session. Time only when useful.

01 Sign in and choose the squad

Open **swimsquad.net** and choose **Training**, separate from Meets. Select your club and sign in with your coach account. Choose a **Training squad**. Use fictional members only; read-only accounts can browse but cannot save changes.

02 Build the session from presets or your own set

In **Sessions**, create a draft with date, time, venue and pool length. Browse the library of **15 main sets and five warm-ups**, filtering by stroke, focus or pool compatibility. Adjust distance, repeats, rounds, recovery and optional target time. Check the ordered blocks and total distance; use advanced fields for equipment, splits, lane plan and planned cues. Rest and departure interval are different settings.

03 Confirm attendance and open Run Session

Mark attending swimmers **Present** or **Late**, then select **Mark Ready**. Open **Run Session** and choose the session. Use the set links to jump through the plan. Swimmers are rows and repetitions are columns; rounds and different sets follow down the page. **Mark covered** records coach progress, not individual completed repetitions.

04 Keep warm-ups untimed; enable timing deliberately

Warm-ups default to **Untimed**; use the timing toggle only when needed. Open **Lane settings** once to choose the lane, start method and swimmers in departure order. There is no Arm step: tap **Start** at departure, then **Finish** on arrival. After the last finish is acknowledged, the next repetition becomes available but never starts automatically. Assumed-departure mode uses planned gaps, not observed individual starts.

05 Print the plan and finish the session

Use **Print session plan / PDF** before timing or after closing and saving all open groups. Print or Save as PDF for coaches: sets, recovery, planned cues and timing status are included; swimmer names and private comments are not. **Finish session / review debriefs** opens the review workflow. Untimed work creates no invented times.

> **Value the process over the outcome. Control the controllables.**
> Use the screen to support the session, not to turn every activity into a test. The next page covers short observations, evidence review and individual debriefs.

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Record observations. Review evidence. Support the next step.

06 Add an individual comment during the session

When no timing group is open and pending events are saved, choose the swimmer in **Run Session** and select **Comment on swimmer**. Add encouragement, what went well, one focus, a reflection or a private note. **Save draft comments** does not issue a report. Empty fields stay empty; observations are never generated from times.

07 Review the times and issue a debrief

In **Sessions / Result review**, check swimmer, set, repetition and timing evidence; **Validate**, **Correct** or **Exclude** with a reason. Then open **Session Debriefs**. Check the saved observations, **Preview current draft**, **Mark coach reviewed**, then **Issue immutable debrief**. **Print issued PDF** prints the fixed version; **Print swimmer debrief / PDF** prints the current draft. Leave **Include coach timing details** unticked for a process-first handout.

08 Read dated PB references without mixing evidence

In **Swimmer Progress**, select a swimmer and expand **Coach view: comparable training times**. The **Training PB reference** is the fastest validated like-for-like saved time, with its date; it stays visible when the trend date range changes. **Official race PB reference** is separate, with 25m and 50m course labels and dates where verified records exist. It is the best available stored evidence, not guaranteed lifetime history. Fictional pilot swimmers remain unlinked to real Swim England records.

09 Notice themes, not just numbers

Issued debriefs build a reflection timeline. Describe observed actions or strategies and one positive next-step cue. Ask what the swimmer enjoyed. Faster times do not prove technique, confidence or effort. Private notes stay out of handouts; earlier notes can remain in audit history after editing.

10 Close, acknowledge and keep your evidence

The last named finish closes a repetition automatically. Use **End rep early** for unfinished work or unassigned marks; missing times stay missing. Check acknowledgement before changing set, leaving or closing the page. If saving fails, retain the page and use **Retry pending save**. **Export capture evidence** is a review aid, not automatic recovery. Use **Export session timing (JSON)** or **Export times (CSV)** to retain saved evidence.

FICTIONAL PILOT ONLY · Do not enter real children's information or use this build for a real poolside session. Server-local saves may be lost on redeployment; pending offline timing is memory-only. A reloaded clock cannot resume: close the earlier repetition and deliberately start a new one. Keep exported evidence safely; independently durable production storage is not yet in place.