

National Youth Squad – Criteria 2023

- Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.
- Swimmers are expected to maintain a monthly attendance of 92%.
- Swimmers are expected to follow the OADF model with a focus on:
The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, Takes ownership of training, Possess a growth mindset, Fulfilled and Aspirational.
The Athlete – Coachable, Technically excellent, Physically suitable and Winning habits.
The Performer – Perform when it matters at major meets, Execute race plans, Loves racing, Arena skills, Psychologically prepared, Physically primed and Race craft.

Squad Focus

- Junior International Selection
- British Trials Qualifier
- British Nationals Qualifier
- English Summer Meet Qualifier/Finalist

Selections

- Top 40 in age (single age band) with a view for top 30 Nationally (long course – Olympic Events)

Ages

- 15 years +

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites.

National Age Squad – Criteria 2023

- Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.
- Swimmers are expected to maintain a monthly attendance of 92%.
- Swimmers are expected to follow the OADF model with a focus on:
The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, Takes ownership of training, Possess a growth mindset, Fulfilled and Aspirational.
The Athlete – Coachable, Technically excellent, Physically suitable and Winning habits.
The Performer – Perform when it matters at major meets, Execute race plans, Loves racing, Arena skills, Psychologically prepared, Physically primed and Race craft.

Squad Focus

- British Trials Qualifier
- British Nationals Qualifier
- English Summer Meet Qualifier/Finalist

Selections

- Top 75 in age (single age band) with a view for top 50 Nationally (long course – Olympic Events)

Ages

- 12-16 years

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites.



Regional Squad – Criteria 2023

- Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.
- Swimmers are expected to maintain a monthly attendance of 92%.
- Swimmers are expected to follow the OADF model with a focus on:
The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, Takes ownership of training, Possess a growth mindset, Fulfilled and Aspirational.
The Athlete – Coachable, Technically excellent, Physically suitable and Winning habits.
The Performer – Perform when it matters at major meets, Execute race plans, Loves racing, Arena skills, Psychologically prepared, Physically primed and Race craft.

Squad Focus

- English Summer Meet Qualifier
- Regional Qualifier/Finalist

Selections

- Top 30 in age (single age band) with a view for top 15 Regionally (long course – Olympic Events)

Ages

- 10-14 years

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites.

Development Squad – Criteria 2023

- Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.
- Swimmers are expected to maintain a monthly attendance of 92%.
- Swimmers are expected to follow the OADF model with a focus on:
The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, Takes ownership of training, Possess a growth mindset, Fulfilled and Aspirational.
The Athlete – Coachable, Technically excellent, Physically suitable and Winning habits.
The Performer – Perform when it matters at major meets, Execute race plans, Loves racing, Arena skills, Psychologically prepared, Physically primed and Race craft.

Squad Focus

- Regional Qualifier
- LASA Qualifier/Finalist

Selections

- Top 15 in age (single age band) with a view for top 6 Leicestershire (long course – Olympic Events)
- Talent iD from: Mini Meets, LASA Champs, Local Open Meets and Trial Sessions.

Ages

- 10-14 years

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites.