



# Croydon Amphibians Swimming Club

## GOLD SQUAD

### Squad Information

Number of available Sessions per Calendar Week (during Season)	6
CASC Target Coach-to-Swimmer Ratio	1:30
Prevailing Age Range (not restrictive)	10 to 13 years old

### Entry Criteria

1	must be able to complete 12 x 100m Freestyle set @ 2:00 mins.
2	must demonstrate ability to cope with standard squad training sets.
3	must demonstrate ability to consistently lead the top lanes in the squad.
4	must demonstrate effort to achieve County qualifying times.
5	must participate in the annual Club Championship galas.
6	must participate in the County Championship galas in all events for which a qualifying time has been achieved.
7	must participate in the annual Croydon Borough Swimming Association (CBSA) galas.
8	must demonstrate participation in a minimum of four (4) CASC-supported external open galas during a given season.

### Attendance Criteria

Average number of sessions to be attended during any given four-week period.	16
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### Head Coach's Notes.

This is a competitive squad.

It is not intended to promote or provide social/casual swimming.

Swimmers entering this squad must be committed to improving their fitness, technique and personal-best times with a specific target of achieving and surpassing the entry criteria for higher squads.

After a reasonable period of training, swimmers who;

1. Are not meeting the criteria for the squad,
2. And/or are not achieving the criteria for entry to a higher squad,
3. And who in the opinion of the squad coach are unlikely to do so in the short term, will be spoken to by the squad coach and given a fixed period of time in which to try and improve. This may involve specific goals being set in order to achieve this. If after this set period of time a marked improvement has not been achieved, other options available to the swimmer will be discussed and further recommendations made.

It is important to note that all the above is at the discretion of the Head Coach and the rest of the coaching team.