

2019/2020

# SQUAD CRITERIA

DURHAM CITY AQUATICS



## **MISSION STATEMENT**

To be a nationally recognised swimming club and the swimming club of choice in County Durham by excelling in Performance, Training and Development of our Members, Coaches and Volunteers.

## **SQUAD STRUCTURE**

Durham City Aquatics provides a comprehensive pathway from National Plan Stage 6, through our Competitive / Development squads with 'Performance' and 'Club' branches. We are proud to be able to cater for all athletes with different goals within our structure. Within this we have our swimmer development model that considers all elements of Optimal Athlete Development Framework (OADF) along with the following:

- Overall Club Numbers
- Squad Capacity
- Number of Swimmers at a given Standard
- Pool Space and Availability

## **PERFORMANCE SQUADS**

- Performance 1 (P1) – (Senior)
- Performance 2 (P2) – (Junior & Age-Group)

These squads will provide athletes with the highest quality training and multi-disciplinary support that is required to be a long-term success in competitive swimming. Athletes will be required to be very disciplined, highly intrinsically motivated and demonstrate full commitment to the program; targeting Regional and National meets during their development. Athletes in these squads are identified by the coaching staff to be potential successes in high level competition and will undertake specific training (as outlined by the coach) in order to reach full aquatic potential.

## **COMPETITIVE & JUNIOR SQUADS**

- A & B Squads (Competitive)
- C, D & Entry Squads (Junior)

These squads will provide athletes with tailored training and support that will improve the necessary stroke and technical skills which are required to be competitive during training and racing. Athletes will have an emphasis on quality of technique and skills (starts, turns, underwater phases and finishes) over progressing distances. Athletes will be required to be committed and be able to apply themselves to instruction given by the coaching staff. These squads will be targeting participation in Club, Junior League, Local and ultimately County (N&D) & Regional (NER) competitions. Athletes in these squads should be looking to constantly improve on skills, technique and performance and if ready, be considered for the 'Performance' squads.

## **CLUB SQUADS**

The Club Squads will comprise of the following:

- Club (U/18yrs) & Masters (18yrs+)

These squads will provide structured training and support for athletes that want to train mainly for fitness and possibly compete. Athletes in these squads will be introduced to all aspects of training i.e. Aerobic, Anaerobic and Maximal Speed work and will be challenged to reach their personal goals and targets. These squads will can participate in Club and Local Competitions. Athletes in these squads are able to move into the Competitive Squads if they meet the criteria as outlined by the Head Coach.

## **PARA SQUAD**

- Sapphire

Swimmers that have been classified by British Swimming will be placed in the most appropriate Competitive, Development or Training Squad along with an additional session(s) available with Sapphire Squad. Swimmers that fall under the MENCAP umbrella will be offered a place in the Sapphire Squad, in which they will receive the required close attention to be a successful competitive swimmer in their classification.

## **STAFF CONTACTS**

Ben Hatchett	Head Coach	<a href="mailto:dca.benhatchett@gmail.com">dca.benhatchett@gmail.com</a>
Mike Perry	Assistant Head Coach	<a href="mailto:dca.mikeperry@gmail.com">dca.mikeperry@gmail.com</a>
Oliver Smith	Entry Coach	<a href="mailto:dca.oliversmith@gmail.com">dca.oliversmith@gmail.com</a>
Steve Ward	Development Coach	<a href="mailto:dca.steveward@gmail.com">dca.steveward@gmail.com</a>
Maggie Ward	Development Coach	<a href="mailto:dca.mward@gmail.com">dca.mward@gmail.com</a>
Sophie Hole	Development Coach	<a href="mailto:dca.sophiehole@gmail.com">dca.sophiehole@gmail.com</a>
Kelly Dunbar	Club Secretary	<a href="mailto:durhamcitysecretary@gmail.com">durhamcitysecretary@gmail.com</a>

## **COMMUNICATION**

Communication is a key element in building a successful relationship between athlete, coach and parent/guardian. If a swimmer is unable to attend a session due to illness, injury or for any other reason please inform their Squad Coach so this can be acknowledged. If an athlete or parent/guardian has an issue relating to their involvement in the Club then it is important that they raise this with the Squad Coach or Assistant Head Coach in order that it can be addressed.

We are working together to create an environment where the athlete can develop to their potential.

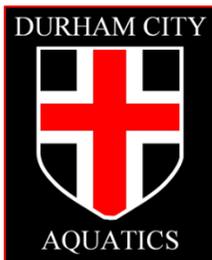
## **LIVE DOCUMENT**

Please note, this is a live document and is subject to change at any time with reviews of this document on an annual basis.



## SQUAD CRITERIA 2019-2020 (Performance & Competitive Squads)

SQUAD CRITERIA		PERFORMANCE SQUADS				COMPETITIVE SQUADS		
		PERFORMANCE 1 (P1)	PERFORMANCE 2 (P2)		A SQUAD	B SQUAD		
			Senior Age Group (S-AG)	Junior Age Group (J-AG)				
Ideal Age	Males / Females 15yrs +	Males 13-15yrs / Females 12-14yrs		Males 10-13yrs / Females 10-12yrs		Males 13yrs+ / Females 12yrs+	Males 11-14yrs / Females 10-13yrs	
Sessions Available	8 Sessions	6 - 7 Sessions		5 - 6 Sessions		5 - 6 Sessions	4 - 5 Sessions	
Pool Hours Available	14.5 Hours	11 – 12.5 Hours		8.25 – 10.25 Hours		6.75 – 8.75 Hours	4.5 – 6.5 Hours	
Performance Consideration Criteria (Early 2020 for Aug 2020)	Within X% of English Nationals	Within X% of NER Qualification		Within X% of N&D Qualification		Completion of B Squad or unable to attain P1 or P2 criteria	Completion of C Squad or unable to attain P2 criteria	
Squad Aims	Working towards National level competitions	Working towards Regional (NER) level competitions		Working towards County (N&D) level competitions		Working towards Regional (NER) level competitions	Working towards County (N&D) level competitions	
	Preparing Youth athletes for Senior level swimming at a University standard	Preparing Age-Group athletes for Youth level swimming in Performance 1 (P1)		Preparing Junior athletes for Age-Group level swimming in S-AG of Performance 2		Preparing Youth athletes for Senior level swimming at Level 1 competitions	Preparing athletes for Age Group athletes for Youth level swimming in A Squad	
Attendance	Month %	90% of Monthly Sessions:		85% of Monthly Sessions:		Target 65% of Monthly Sessions:		
	Age	Males 15yrs+ / Females 14yrs+	M 14yrs+ / F 13yrs+	M 13yrs / F 12yrs	M 12yrs+ / F 11yrs+	M 11yrs / F 10yrs	Males 13yrs+ / Females 12yrs+	Males 12yrs+ / Females 11yrs+
	Sessions	Sessions will be individually prescribed	7 Sessions	6 Sessions	5 Sessions	4 Sessions	5 Sessions	4 Sessions
	Exams	Swimmers in P1 or P2 are expected to maintain a 50% average for the training cycle through exam periods. Exam timetables must be provided to the Coach prior to that period.					Swimmers in A or B Squad are recommended to maintain at least a few sessions per week for wellbeing purposes.	
	Reviewing	Monthly attendance report will be provided by squad coaches, squad places will be reviewed on a cyclical basis. If athletes do not attain the minimum percentage, they may be asked to move squads.						
Attitude	Conduct	ALL ATHLETES MUST ABIDE BY THE CODE OF CONDUCT						
	Reviewing	ALL ATHLETES MUST ENGAGE AND APPLY THEMSELVES AT ALL TIMES IN TRAINING AND COMPETITIONS						
Ability	Swim Skills	Athletes exiting this squad must be able to: Hit 14m on starts (head) Hit 8m on turns (feet) Perform all skills to a National+ level Perform all strokes efficiently Train through different models effectively	Athletes exiting this squad must be able to: Hit 12m on starts (head) Hit 7m on turns (feet) No breath last 5m on Fly Perform a Competitive Track Start Perform a BK Start using a Ledge Train through all intensities effectively	Athletes exiting this squad must be able to: Hit 10m on starts (head) Hit 6m on turns (feet) No breath last 5m on Free Perform a Track Start & Grab Start Perform an overwater BK Start Use a Pace Clock	Athletes exiting this squad must be able to: Hit 12m on starts (head) Hit 7m on turns (feet) No breath last 5m on Fly Perform a Competitive Track Start Perform a BK Start using a Ledge Train through all intensities effectively	Athletes exiting this squad must be able to: Hit 10m on starts (head) Hit 6m on turns (feet) No breath last 5m on Free Perform a Track Start & Grab Start Perform an overwater BK Start Use a Pace Clock	Athletes exiting this squad must be able to: Hit 10m on starts (head) Hit 6m on turns (feet) No breath last 5m on Free Perform a Track Start & Grab Start Perform an overwater BK Start Use a Pace Clock	Athletes exiting this squad must be able to: Hit 10m on starts (head) Hit 6m on turns (feet) No breath last 5m on Free Perform a Track Start & Grab Start Perform an overwater BK Start Use a Pace Clock
	Land Skills	Athletes exiting this squad must be able to: Self-Regulate through an individual specific Strength & Conditioning (S&C) program	Athletes exiting this squad must be able to: Self-Regulate through Pre-Pool exercises and have a full base of Push, Pull, Hinge, Squat and Lunge exercises	Athletes exiting this squad must be able to: Press Up, V-Sit, Squat, Lunge and Plank	Athletes exiting this squad must be able to: Self-Regulate through Pre-Pool exercises and have a full base of Push, Pull, Hinge, Squat and Lunge exercises	Athletes exiting this squad must be able to: Press Up, V-Sit, Squat, Lunge and Plank	Athletes exiting this squad must be able to: Press Up, V-Sit, Squat, Lunge and Plank	Athletes exiting this squad must be able to: Press Up, V-Sit, Squat, Lunge and Plank
	Meet Skills	Plan, Perform and Reflect maturely on their own race models whilst, whilst actively working towards Qualification Times for National level competitions	Actively working towards completing the <u>Platinum</u> Competitive Development Award	Actively working towards completing the <u>Gold</u> Competitive Development Award	Actively working towards completing the <u>Platinum</u> Competitive Development Award	Actively working towards completing the <u>Platinum</u> Competitive Development Award	Actively working towards completing the <u>Platinum</u> Competitive Development Award	Actively working towards completing the <u>Gold</u> Competitive Development Award
	Strokes	Athlete entering this squad must be able to effectively train on all strokes	Athletes entering this squad must be able to complete 200m on all strokes efficiently	Athletes entering this squad must be able to complete 400 IM as per the C Squad criteria	Athletes entering this squad must be able to complete 200m on all strokes efficiently	Athletes entering this squad must be able to complete 400 IM as per the C Squad criteria	Athletes entering this squad must be able to complete 200m on all strokes efficiently	Athletes entering this squad must be able to complete 400 IM as per the C Squad criteria
	Reviewing	Ability is an ongoing assessment; to meet the criteria, the athlete must be able to consistently demonstrate the majority of the listed points before consideration for promotion. As a competitive club we are developing athletes towards this purpose and ultimately provide them with the skills required to be a success at a Senior/University level. Movement and squad placements are at coach's discretion, and the coach's decision is final.						



## SQUAD CRITERIA 2019-2020 (Junior / Development Squads)

SQUAD CRITERIA		C SQUAD	D SQUAD	ENTRY SQUADS		
		Competitive Development	Stage 10	Stage 9	Stage 8	
Ideal Age		10 – 12 years old	9 – 11 years old	8 – 10 years old		
Sessions Available		3 - 4 Sessions	3 - 4 Sessions	1 -2 Sessions	1 Session	
Pool Hours Available		3.5 – 5.5 Hours	3 - 4 Hours	1 – 2 Hours	1 Hour	
Consideration Criteria		Completion of Stage 10	Completion of Stage 9	Completion of Stage 8	Completion of Stage 7 or a successful trial	
Squad Aims		Working towards the Competitive Development criteria Working towards Internal and L3 External Competitions	Working towards completing Stage 10 Working towards Internal and Novice competitions	Working towards completing Stage 9 Working towards internal competitions	Working towards completing Stage 8 Working towards internal competitions	
Attendance		Swimmers with high attendance will progress the fastest, Swimmers should aim to attend as many sessions as possible each week				
Attitude	Conduct	ALL ATHLETES MUST ABIDE BY THE CODE OF CONDUCT ALL ATHLETES MUST ENGAGE AND APPLY THEMSELVES AT ALL TIMES IN TRAINING AND COMPETITIONS				
	Reviewing	Any concerns regarding conduct (attitude/application) will be raised by staff at the earliest possible convenience. If issues are ongoing, the athlete may be asked to move squads or leave the club.				
Ability	Set	Complete sets lasting <u>2000m</u> on specific turnaround times, developing training intensities, technique, skills and consistency. Swimmers must use the pace clock to take appropriate gaps and rest intervals / turnaround times	Complete a set lasting <u>1600m</u> on a specific turnaround time, focusing on technique, skills and consistency.  Swimmers must use the pace clock to take appropriate gaps between swimmers (5/10 second intervals)	Complete a set lasting <u>800m</u> on a specific turnaround time, focusing on technique, skills and consistency.	Complete a set lasting <u>400m</u> on a specific turnaround time, focusing on technique, skills and consistency.	
	Distance	<ul style="list-style-type: none"> <li>Swim 2000m Frontcrawl continuously</li> <li>Swim 400m Individual Medley using recognised and legal turns</li> <li>Kick a continuous 200m Individual Medley without using a kickboard</li> </ul>	<ul style="list-style-type: none"> <li>Swim 1500m Frontcrawl continuously</li> <li>Swim a 200m Individual Medley using recognised and competition legal turns</li> <li>Kick a continuous 100m Individual Medley without using a kickboard</li> </ul>	<ul style="list-style-type: none"> <li>Swim 800m Frontcrawl continuously</li> <li>Swim a 100m Individual Medley using recognised and competition legal turns</li> </ul>	<ul style="list-style-type: none"> <li>Swim 400m Frontcrawl continuously</li> </ul>	
	Stroke	<ul style="list-style-type: none"> <li>Swim 200m Backstroke with legal tumble turns and Dolphin Kick in a streamlined position underwater hitting 5m each time.</li> <li>Swim 200m Frontcrawl with legal tumble turns and Dolphin Kick in a streamlined position underwater hitting 5m each time</li> <li>Swim 100m Butterfly with legal touch turns and Dolphin Kick in a streamlined position underwater hitting 5m each time</li> <li>Swim 100m Breaststroke with legal touch turns and competitive underwater phases passing 5m each time</li> </ul>	<ul style="list-style-type: none"> <li>Swim 100m Backstroke with legal tumble turns and Dolphin Kick in a streamlined position underwater hitting 5m each time</li> <li>Swim 100m Frontcrawl with legal tumble turns and Dolphin Kick in a streamlined position underwater hitting 5m each time</li> <li>Swim 50m Butterfly with a legal touch turn and Dolphin Kick in a streamlined position underwater hitting 5m each time</li> <li>Swim 50m Breaststroke with a legal touch turn and competitive underwater phase passing 5m each time</li> </ul>	<ul style="list-style-type: none"> <li>Perform a Backstroke start then Dolphin Kick in a streamlined position underwater hitting 5m, transfer into stroke and complete 25m</li> <li>Perform a Frontcrawl start then Dolphin Kick in a streamlined position underwater hitting 5m, transfer into stroke and complete 25m</li> <li>Perform a Butterfly start then Dolphin Kick in a streamlined position underwater hitting 5m, transfer into stroke and complete 25m</li> <li>Perform a breaststroke start demonstrating a competitive underwater phase passing 5m, transfer into stroke and complete 25m</li> </ul>	<ul style="list-style-type: none"> <li>Push and streamline then kick 25m Backstroke <u>without</u> using a float</li> <li>Push and streamline then kick 25m Breaststroke <u>without</u> using a float</li> <li>Push and streamline then kick 25m Butterfly <u>without</u> using a float</li> <li>Push and streamline then kick 25m Frontcrawl <u>without</u> using a float</li> </ul>	
	Swim Skills	Perform a Track Dive Start, and Dolphin Kick underwater in a streamlined position for 15m and transition into stroke and complete 25m	Perform a dive relay takeover as an incoming and outgoing swimmer	Perform a shallow water relay takeover as an incoming and outgoing swimmer	Perform a <u>touch turn</u> from 10m in to 10m out on <u>ALL 4 strokes</u>	
		Perform a Backstroke -> Breaststroke Flip Turn from 10m in to 15m out	Perform a Grab Dive Start, and Dolphin Kick underwater in a streamlined position for 15m	Perform a 10m Dolphin Kick underwater on front in a streamlined position, from a push and glide	Perform a Grab Dive Start, and Dolphin Kick underwater in a streamlined position for 5m with the focus on progressing to 10m	
			Perform a Backstroke Start, and Dolphin Kick underwater in a streamlined position for 10m	Demonstrate sculling on front for 25m	Demonstrate sculling on back for 25m	
	Meet Skills	Working towards completing the <u>Silver</u> Competitive Development Award	Working towards completing the <u>Bronze</u> Competitive Development Award			
	Reviewing	Ability is an ongoing assessment; to meet the criteria, the athlete must be able to consistently demonstrate the majority of the listed points before consideration for promotion. Movement and squad placements are at coach's discretion, and the coach's decision is final.				