**“Train to win” mindset with the mental maturity to succeed.**

*“It’s not the number of hours you train, it’s about the number of hours your mind is present during the training” Kobe Bryant*

Swimmers will be 13 years old\* and over (12 year olds who are 13 before the age group national champs may also qualify for the squad). \* May vary due to swimmer maturity and physical conditioning.

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|  | **Entry Criteria** | **Ongoing Performance Measurements** |
| **Attitude/Respect** | 1. Has demonstrated a high level of dedication to the sport:  * A strong desire to listen, learn & act upon coach feedback * A very high level of self-motivation to improve  1. Leads by example and display a positive mindset in all that is undertaken | 1. Takes TOTAL responsibility for self-development  * Swimmer-led goal setting with action plans for achievement (regular record keeping of performance against goals with regular 1:1 reviews with coach). * Follows personal strength training program * Knows and follows good nutrition & hydration * Continuous desire to perfect technical skills (e.g. through use of skills videos) * Takes responsibility for injury prevention (pre-hab & stretching) * Knows how to prepare mentally for racing (e.g. using visualization techniques) & how to overcome & learn from disappointment |
| **Commitment/**  **resilience** | 1. Proven attendance at pool training sessions & land training on a consistent & regular basis 2. Already attended at least 8 galas (&, therefore, have Swim England ranked times in most events) 3. Continues to show a positive attitude to learning/training. 4. Completes all lengths and drills as requested by the coach | 1. To complete all lengths and drills as requested by the coach 2. To prepare and ensure that the ‘magic 6’ is at every session. 3. To be a proactive learner and constantly ask questions of one’s sense 4. To seek ways to find the best practice and how to correctly apply it 5. To display a high level of positive attitude and willingness to reach potential 6. To show robustness to race day routines and race strategies 7. To stand up to and excel under the pressure of the racing environment 8. To be able to quickly reflect after a ‘bad’ race and start to look ahead to the next race in a positive mindset 9. Training expectation    1. Junior Nationals – 5/6 evenings + 1 morning + land training    2. Senior Nationals – 5/6 evenings + 2 mornings + S&C 10. To attend long course training when invited 11. Competition expectation is all appropriate in-house events, be available for leagues + county, regional, national & British champs where QTs have been achieved. |
| **Power of the team** | 1. Enjoys being part of a team and the swimming environment 2. Supportive towards your teammates at all times | 1. To continue to be supportive towards your teammates at all times 2. Set the standards of behaviour, as role models, to be mirrored throughout the club to a high level 3. Undertake the RMAP routine together, prior to every training session 4. Adhere to club code of contact in all actions, both in and out of the water 5. To represent the club by wearing club kit at training and competitions (min. hat and T-shirt) 6. To challenge those that don’t show the club’s values 7. Be proud to be a part of the Newcastle family 8. Start to give back by exploring one of the ways to continue within the sport1:    1. Youth Volunteer Programs    2. Team Manager Course    3. Timekeeping Course    4. Teaching/Coaching Course    5. Lifeguarding Qualifications |
| **Swimming technique & ability** | 1. Advanced stroke technique & turns on all 4 strokes & IM 2. Understands and consistently performs advanced starts & turns (min. 7.5m underwater streamlined) 3. Qualified for Regional Champs in 100m or above OR within a percentage of 200m time (based on previous year’s times)2 | 1. To develop stroke specific skills (Junior Nationals only) 2. To target finals and achieve medals in Regional &/or National competitions (long course and short course) 3. To achieve places on Regional &/or National programs & be selected for Regional teams 4. To reach top 30 British rankings in your event(s) 5. To develop the skills necessary for transition to a university swim squad or talent squad |

Notes

1. All can be achieved alongside the swimming journey to help swimmers with future choices
2. At coach’s discretion