**Moving from a learning to train to a “training to compete” mindset underpinned by a growing knowledgewhilst gaining a basic knowledge of factors affecting healthy mind and body.**

*“Listen, the work is behind the scenes. The competition is the easy part” Usain Bolt*

Swimmers will be 11 years old\* and over (10 year olds who are 11 before the age group national championships 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. Have displayed the key elements of team spirit and been supportive of others 2. Have displayed a high level of dedication to the sport (i.e. shown commitment, asked for feedback and have been receptive to ideas for improvement) 3. Have started to begin to take some individualization towards swimmer development | 1. To maintain and develop appropriate behaviour and responsibilities within a 1:1 and group training environment (for further information, see our Swimmers Code of Conduct on our website) 2. To develop greater individual responsibility for swimming commitment and performance 3. To continue to recognize the importance of long term athlete development (LTAD) by developing knowledge of healthy mind and body to aid performance, as well as the importance of continued commitment to training 4. Specifically, to develop tactical & mental skills required to assist & improve performance 5. To improve knowledge of nutrition & hydration & its application during training & competition 6. To understand the importance of time management, healthy lifestyles & competition protocols |
| **Commitment/**  **resilience** | 1. Already attended at least 5 galas (&, therefore, have Swim England ranked times in most events) 2. Continue to show a positive attitude to learning/training. 3. Completes all lengths and drills as requested by the coach 4. Attends land training regularly | 1. To continue to attend pool training sessions consistently & regularly + land training 2. To complete all lengths & drills as requested by the coach 3. Prepares and ensures that the ‘magic 6’ is at every session 4. To show individuality to their training and begin to take leadership over those around the squad 5. To continue the growth mindset and be excited to continue development 6. To learn from any mistakes made & develop more good habits 7. To begin to ask more questions and gather more information into your development 8. To understand that bad races happen & to start to understand the reasons behind it 9. To look forward to and relish race day 10. Training expectation is to attend 4 out of 5 sessions per week + land training 11. Competition expectation is to attend time trials, club champs, Yule in the Pool, Race to Regionals + 6 other open meets and be available for league selection. Also, county and regional champs if QTs have been achieved. 12. At gala, to target all strokes & relevant distances up to & including 400m events. In addition, older swimmers will also be expected to target distance events (800m/1500m) |
| **Power of the team** | 1. Enjoys being part of a team and the swimming environment 2. Supportive towards your team mates at all times | 1. To continue to be supportive towards your teammates at all times 2. To represent the club by wearing club kit at training and competitions (min. hat and T-shirt) 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. Portray a high standard of behaviour 6. Adhere to club code of contact in all actions, both in and out of the water |
| **Swimming technique & ability** | 1. Have effective stroke technique and effective turns in all 4 strokes and IM 2. Can perform a 400IM under ASA laws and can swim 800m continuously using competition turns 3. Can repeatedly and consistently complete a test set of 10 x 100m FC @ 2:00 4. Achieved County or Regional times in 100m events and above or within a percentage of the 200m Regional time. Times used will be from the previous year’s competitions 5. Can repeatedly undertake competition standard turns with 5m+ streamlined underwater | 1. To develop and maximize technical skills and mechanics on all 4 strokes 2. To understand energy systems and undertake cyclical training 3. To improve and optimize aerobic conditioning and speed 4. To understand and develop anaerobic conditioning (race pace / preparation) 5. To build stability and strength through land conditioning 6. To develop IM skills and specialist distance / stroke skills 7. To make finals and achieve medals in County or Regional competitions 8. To be selected to attend County or Regional pathways or to represent County or Regional teams |