



9.5 hours of pool time plus one hour land training each week

11-15 years approximately

### Objectives

- Platinum Squad is aimed at swimmers who have achieved one or more county and regional consideration / automatic qualification times
- By this stage, swimmers will be fully committing to swimming while demonstrating a good understanding of the importance of training.
- A successful Platinum-squad swimmer must be consistent and willing to push themselves to improve
- Demonstrate a commitment to making swimming a priority over other extracurricular activity

### Swimmer standards

- Be able to complete 3000m – 4500m training sessions (with intervals between sets)
- Swim a 10 x 100m front crawl set on the required time as set by the current Platinum squad coach
- Ideally, swimmers should have at least one county consideration time
- Be able to perform the four competition strokes to a technically high standard
- Technically refining standard of starts, turns and finishes on all four strokes with particular attention on demonstrating correct backstroke starts
- Consistently get feet to flags before starting the breakout phase
- Competent in using the clock to set themselves off between repetitions

### Attendance

- This squad requires an increase in training capacity as swimmers become older and more advanced, therefore a platinum-squad swimmer needs to attend a minimum of 75% or 7.5h of the 9.5h of swim sessions provided each week

### Competition aims

- Be racing/competing regularly
- Compete in the Club Championships in events up to and including 400m races
- You are encouraged to enter 800m and 1500m events
- Regularly attend club-designated L1/L2/L3 competition. Where the gala schedule permits, swimmers should be competing **once a month**
- Build towards further county and regional times and increase number of events qualified for

### Working towards

- Towards the end of their time in Platinum Squad, a swimmer should be maintaining good technical and endurance performances, while demonstrating competence with the technicality of sessions being provided by the coach
- You should be physically able to swim all competitive distances on each stroke while maintaining good technical discipline and should have race experience in all events up to and including 800m races
- Swimmers should also now understand the importance of hydration and nutrition, and how this can affect their performance both at training and competitions
- Platinum-Squad swimmers will know their own personal best times on all 50m, 100m and 200m events. This is useful for training and at competitions

*Subject to the club's general training requirements.*

*All squad moves are at the discretion of the coaching team.*