

Squad Criteria 2020/21

The setting and introduction of any criteria for any squad in any swimming club will always have problems and cannot and indeed must not be set in stone; there has to be some flexibility for both the swimmers and the coaching staff. A major advantage of having squad criteria is that everyone is aware of what is required to move and progress. Parents and swimmers must be fully aware of squad criteria and if unable to comply with all aspects of the criteria then please do not accept an offer to train with a squad until prior discussion with the Squad Lead Coach or Head Coach. Swimmers and parents should also read and adhere to the Clubs' Code of Conduct.

The number of sessions each squad has been allocated is what is required to be successful at swimming, with swimmers attending 100% being the ideal. The guide of the minimum attendance maybe different for each squad, as it takes into consideration the different biological/chronological stage of the athletes and also the physiological and psychological development and wellbeing of the athlete. The intent of setting a minimum is that it is the required amount of training to progress well through the sport, and allows for illness and occasions when you have other commitments (please see appendix). All swimmers should aim to maximise their attendance at training, failure to do so will prevent swimmers from reaching their full potential, as well as not being able to cope with the training demands for the squad.

Swimmers are continually monitored as to their overall performance and attendance, if this falls below the expectations of the coaching staff they will be moved to a squad more appropriate to their ability, commitment to the training and competitive programme. These movements are not done as punishments, but to have swimmers with the same standards in performance and attendance within the same group and to allow the progression of swimmers that will more benefit from that offer. Squad criteria are in place as a guide, movement is not guaranteed and the final decision will come down to the professional judgment of the coaching team. The coaching team also reserves the right to move swimmers outside of squad criteria based on their professional judgment.

Becoming a successful swimmer is a long-term process; there has never been a 10-year-old Olympic swimming champion. As a club and as a coaching team we are dedicated to long-term athlete development (LTAD) and our squad progression is based on, and inline with, British swimming's recommendations with regards athlete development support phases (ADSP) this is reflected in the swimmer pathway, squad criteria and coaching practice.

All age group swimmers (14 & Under) will train to develop all 4 strokes and kick ability, as these are the cornerstones to long-term athlete development and successful swimming. Event and stroke specialisation takes place in the Senior Squads during the transition through youth level swimming (14-16yrs) and into senior level swimming (16yrs+). Swimmers will always show preference towards certain strokes and distances but this is just a preference and is highly susceptible to change in line with technical development and physical maturation.

Exit Months for all squads are normally December, March, June, August/September however some swimmers may be fast-tracked outside of these months, or sometimes skipped.

Expectations of all:

In Training	At Competition	Personal Characteristics
<ul style="list-style-type: none">• Be on poolside at least 10mins before the session (to undertake dry land warm-up)• Try your best at all times• Always swim with great skill (good stroke technique, starts, turns, finishes)• Listen to the coach• Have good lane etiquette• Have all correct equipment adjusted and ready to use• Challenge yourself• Encourage and support your team mates (you are a team)• Be safe	<ul style="list-style-type: none">• Wear club kit• Attend all club team galas• Stay until the end of all team galas• Complete full warm-ups and swim-downs• Always go to your coach first after your race for feedback• Be positive• Behave appropriately• Eat appropriate food and stay hydrated• Support your team mates• Have fun and enjoy it	<ul style="list-style-type: none">• Always give your best• Enjoy yourself• Be accepting of constructive criticism and act on this• Arrive with all the correct kit ready to use• Respect team mates, coaches, officials and volunteers• Aim to achieve for yourself – not to please others• If you have any problems speak to your coach

Squad Criteria 2020/21

Academy		
	Lead Coach Julie Dickson	Support Coach Debbie Collins/Haydn Clinton
Aims & Objectives	To consistently achieve all criteria before trialing for Foundation Squad 50m times for all strokes on TU Pass assessment for Full Diving Award (Swim England)	
Ideal Target Age Range	Males 7-11yrs Females 7-11yrs Chronological/Biological age (as a guide)	
Athlete Development Support Phase	Fundamentals – Structured and Fun. Basic movement literacy and fundamental movement skills Learning to Train – Swim Skills / Technique	<ul style="list-style-type: none"> ● Skill / Technique Development ● Starts and Turns
Commitment	2 Sessions 1.5 hrs.	Attendance - Safe 75% At Risk 50% to 75% Exit Below 50%

BEFORE ENTERING SWIMMERS INTO OPENMEETS FIRST CONTACT COACH

Equipment 1x Drinks Bottle

Criteria for entry into squad: <ul style="list-style-type: none"> ● Completed the Criteria for Swim England Stage 7, consistently and competently. ● Desire and will to improve and progress through Fareham Nomads Swimming Club.

Exit Pathways <p style="margin-top: 10px;">Exceeds performance levels: Consideration for move to Foundation Squad</p> <ul style="list-style-type: none"> ● Complete a set lasting 400m (either 8x50m, 4x100m, 2x200m) on a specific turnaround time as agreed by the teacher or coach (e.g. 1:30 minutes for 50m) with a focus on stroke technique and consistently and competently ● Swim 500m continuously using one stroke consistently and competently ● Swim a continuous 100m Individual Medley (4x25m) using correct Starts, turns and correct stroke techniques consistently and competently ● Perform a 15m underwater kick on front from a push and glide in a streamlined position using Fly Kick consistently ● Perform a Backstroke start then butterfly kick in a streamlined position underwater up to a maximum of 15m from the start point (wall). Transfer into stroke and complete the remainder of the 25m consistently ● Perform a Front Crawl Dive Start from deep end then kick in a streamlined position underwater up to a maximum 15m - transfer into stroke and complete the remainder of the 25m consistently and safely ● Perform a Front Crawl Dive Start from shallow end then kick in a streamlined position underwater up to a maximum of 15m from the start point (wall). Transfer into stroke and complete the remainder of the 25m consistently and safely ● Butterfly (dive start) then kick in a streamlined position up to a maximum of 15m from the start point (wall). Transfer into stroke and complete the remainder of the 25m consistently ● Perform a Breaststroke (dive start) then perform a one and a half pull underwater. Transfer into stroke and complete the remainder of the 25m consistently ● Consistently hold minimum of 2 fly kicks off every wall + 1 stroke before breathing on Front Crawl and Butterfly. ● Times for 50m all strokes recorded on TU ● Show courtesy and respect to fellow swimmers and Teachers/Coaches. ● Behave appropriately in changing rooms, poolside and within the pool. ● Achieve Swim England Full Diving Start Award ● Ability and desire to enter competitive swimming. ● Understanding of what is required to be a successful competitive swimmer and that it is a long-term process.

Foundation Squad			
		Lead Coach	Support Coach
		Julie Dickson	
Aims & Objectives	To compete regularly at club level competitions with good commitment to the programme. Swimmers will be targeting County Development and potentially County Relay level. Swimmers should aim to reach the highest levels based on ability and commitment levels.		
Ideal Target Age Range	<i>Males</i> 9-12yrs <i>Females</i> 8-11yrs Biological age (as a guide)		
Athlete Development Support Phase	<i>Learning to Train</i> – Swim Skills / Technique		<ul style="list-style-type: none"> 100-200m Medley Base 5 Stroke Skill Development (Fly, Back, Breast, Free and Kick)
Commitment	3 Sessions 3.25hrs.	Safe: 70%+	Attendance should ideally be 100%. Families of swimmers whose attendance falls below 70%(including land training) at any point in the season will be asked to meet with Coach. At this time action may be taken in regards to the swimmer's training group placement.
		At Risk: 50-70%	
		Exit: Below 50%	

Equipment			
Kick Board	Pull Buoy	Fins	
Skipping Rope	1x Drinks Bottle/s (ideally 750ml+)	Spare Hat/Goggles	

Criteria for entry into squad:
<ul style="list-style-type: none"> Completed the Criteria for Academy Squad, consistently and competently Full commitment to training in Academy Squad for at least a term prior to squad movements. Swimmers must be able to balance school commitments and be responsible for personal time management before considering joining this squad. Desire and will to improve and progress through Fareham Nomads Swimming Club. 100% commitment to team events (Inter club galas, County relays etc.) Signed and returned copies of Swimmer Code of Conduct & Parents Code of Conduct A Team player – polite, supportive, caring and empathetic <p>Considered criteria for entry into squad: Swimmers assessed by the coaching team to have near term potential and or having longer term potential may be admitted or retained within a squad on a probationary period of between 3 – 12 months. The swimmer must however show commitment and demonstrable progress towards the overall squad criteria.</p>

Exit Pathways
<p>Exceeds performance levels: Consideration for move to Development Squad (attendance consistently above 90%)</p> <ul style="list-style-type: none"> High quality technique on all 4 strokes as well as starts, turns and finishes Good standard of relay takeovers Competition race starts (completed Swim England's Preliminary Competitive Start Award) Consistently hold minimum of 3 Fly kicks off every wall (+1 stroke before breathing on Free and Fly) Able to complete 200 Back, Breast, Free & IM; 100 Fly with fins Confident understanding of the basic rules of competitive swimming Kick 200m FC in under 4:30 PBs for 50 Fly, Back, Breast, Free; 100m Back, Breast, Free; 100m IM; 200m Free (+ ideally 400m Free) <p style="text-align: center;">Possible move to County Squad (Subject to age and ability, coaching teams discretion)</p> <p>Not meeting criteria:</p> <ul style="list-style-type: none"> Unable to attain the relevant competitive standard. Consistently late to sessions without agreement. Consistently unable to maintain the Foundation Squad training & competition commitment. Showing no demonstrable progress towards achieving the required standards for Development Squad. Training at other clubs or seeking additional coaching/technical sessions outside of the Lead Coaches Planning.

Development Squad		
Lead Coach		Support Coach
Julie Dickson		
Aims & Objectives	To compete at high club level / county level with good commitment to the programme. Swimmers will be targeting the Hampshire County Championships. Swimmers should aim to reach the highest levels based on ability and commitment levels.	
Ideal Target Age Range	<i>Males</i> 10-13yrs <i>Females</i> 9-12yrs	Biological age (as a guide)
Athlete Development Support Phase	<i>Learning to Train</i> – Swim Skills / Technique <i>Train to Train</i> – Building the Engine	<ul style="list-style-type: none"> 200-400m Medley Base 5 Stroke Skill Development (Fly, Back, Breast, Free and Kick)
Commitment	5 Sessions 7 hrs.	Safe: 75%+
		At Risk: 50-75%
		Move: Below 50%
Attendance should ideally be 100%. Families of swimmers whose attendance falls below 75% (including land training) at any point in the season will be asked to meet with Coach. At this time action may be taken in regards to the swimmer's training group placement.		

Equipment		
Kick Board	Pull Buoy	Snorkel
Fins	2x Drinks Bottle/s (ideally 750ml+)	Spare Hat/Goggles
Skipping Rope		

Accepted criteria for entry into squad:
<ul style="list-style-type: none"> Swimmers must be able to balance school commitments and be responsible for personal time management before considering joining this squad. Consistently attending 70-100% of training sessions in Foundation Squad. Meeting or exceeding the exit criteria for Foundation Squad. Desire and will to improve and progress through Fareham Nomads Swimming Club. 100% commitment to team events (Inter club galas, County relays etc.) Signed and returned copies of Swimmer Code of Conduct & Parents Code of Conduct A Team player – polite, supportive, caring and empathetic
<p>Considered criteria for entry into squad: Swimmers assessed by the coaching team to have near term potential and or having longer term potential may be admitted or retained within a squad on a probationary period of between 3 – 12 months. The swimmer must however show commitment and demonstrable progress towards the overall squad criteria.</p>

Exit Pathways
<p>Exceeds performance levels: Consideration for move to Junior Performance Squad (attendance consistently above 90%)</p> <ul style="list-style-type: none"> High quality technique on all 4 strokes as well starts, turns, finishes and relay takeovers Consistently hold minimum of 4 Fly kicks off every wall (+1-2 strokes before breathing on Free and Fly) Basic understanding of swimming at different intensities (easy, moderate, fast) Able to take heart rate accurately and consistently Display the ability and desire to achieve qualification for Hampshire County Championships Kick 300m FC in under 6:75 PBs in all 50s & 100s; 100m and 200m IM (+ ideally 400m IM), 200m Back, Breast and Free; 400m Free <p>Possible move to County Squad (Subject to age and ability, coaching teams discretion)</p>
<p>Not meeting criteria:</p> <ul style="list-style-type: none"> Unable to attain the relevant competitive standard. Consistently Late to sessions without agreement. Consistently unable to maintain the Development Squad training & competition commitment. Showing no demonstrable progress towards achieving the required standards for Junior Performance Squad. Training at other clubs or seeking additional coaching/technical sessions outside of the Lead Coaches Planning.

Junior Performance Squad			
Lead Coach Richard Pointon		Support Coach Dom Redpath	
Aims & Objectives	To compete at County and Regional level with good commitment to the programme. Swimmers will be targeting the County Championships and potentially Regional Championships. Swimmers should aim to reach the highest levels based on ability and commitment levels.		
Ideal Target Age Range	<i>Males</i> 12-14yrs <i>Females</i> 11-13yrs Biological age (as a guide)		
Athlete Development Support Phase	<i>Train to Train</i> – Building the Engine <i>Train to Compete</i> – Optimising the Engine		<ul style="list-style-type: none"> Aerobic Development 400m Medley based training 5 Stroke Skill Development (Fly, Back, Breast, Free & Kick)
Sessions	7 Sessions 8.75hrs.	Move Target: 85%+	Attendance should ideally be 100%. Families of swimmers whose attendance falls below 80%(including land training) at any point in the season will be asked to meet with Head Coach. At this time action may be taken in regards to the swimmer's training group placement. As part of being in the performance group at the age of 11 morning training is part of your commitment to be in this squad / group
		Safe: 80%+	
		At Risk: 70-80%	
		Move: Below 70%	

Equipment			
Kick Board	Hand Paddles	Fins	Skipping Rope
Pull Buoy	Finger Paddles	2x Drinks Bottles (750ml+)	Yoga Matt
Ankle Band	Snorkel	Spare Hat/Goggles	Stretch Cords

Accepted criteria for entry into squad:

- Consistently attending 75-100% of training sessions in Development Squad.
- Meeting or exceeding the exit criteria for Development Squad.
- Swimmers must balance school commitments and be responsible for personal time management to consider joining this group.
- Desire and will to improve and progress through Fareham Nomads Swimming Club.
- 100% commitment to team events (Inter club galas, County relays etc.)
- Signed and returned copies of Swimmer Code of Conduct & Parents Code of Conduct
- A Team player – polite, supportive, caring and empathetic

Considered criteria for entry into squad:

Swimmers assessed by the coaching team to have near term potential and or having longer term potential may be admitted or retained within a squad on a probationary period of between 3 – 12 months. The swimmer must however show commitment and demonstrable progress towards the overall squad criteria.

Exit Pathways

Exceeds performance levels: Consideration for move to Performance Squad (attendance consistently above 85%)

- High quality strokes, starts, turns, finishes and relay takeovers
- Good tactical awareness including race pacing and race strategies
- Consistently hold minimum of 5 Fly kicks off every wall (+1-2 strokes before breathing on free and +1 on Fly)
- County qualification in multiple events
- Regional and National qualification (or ability to achieve)
- Able to take heart rate accurately and have a basic understanding of the various training zones
- Kick 400m FC in under 9:00
- Full set of PBs in all events (ideally including 200 Fly, 800/1500m Free but not mandatory)

Not meeting criteria: Possible move to County Squad (Subject to age and ability, coaching teams discretion)

- Unable to attain the relevant competitive standard.
- Consistently Late to sessions without agreement.
- Consistently unable to maintain the Junior Performance Squad training & competition commitment.
- Showing no demonstrable progress towards achieving the required standards for Performance Squad.
- Training at other clubs or seeking additional coaching/technical sessions outside of the Lead Coaches Planning.

Performance Squad						
Lead Coach Dom Redpath	Support Coach Richard Pointon					
Aims & Objectives	To compete at County, Regional & National level with total commitment to the programme. Swimmers will be targeting the Regional championships and should be prepared to do “all that it takes” to reach the highest levels. Swimmers should have their sights on Swim England & British Nationals as they progress.					
Ideal Target Age Range	Males 13yrs + Females 12yrs + Biological age (as a guide)					
Athlete Development Support Phase	<p>Train to Train – Building the Engine Train to Compete – Optimising the Engine Train to Win – High Level Competition</p> <ul style="list-style-type: none"> • Aerobic Development • + Multi Stroke base / Event specific • + Competitive / Physical Development 					
Sessions	<table border="1"> <tr> <td rowspan="3">7 Sessions 11hrs.</td> <td>Safe: 85%+</td> <td rowspan="3">Attendance should ideally be 100%. Families of swimmers whose attendance falls below 85%(including land training) at any point in the season will be asked to meet with Head Coach. At this time action may be taken in regards to the swimmer’s training group placement. Morning training attendance is part of your commitment to be in this performance squad/group</td> </tr> <tr> <td>At Risk: 80-85%</td> </tr> <tr> <td>Move: Below 80%</td> </tr> </table>	7 Sessions 11hrs.	Safe: 85%+	Attendance should ideally be 100%. Families of swimmers whose attendance falls below 85%(including land training) at any point in the season will be asked to meet with Head Coach. At this time action may be taken in regards to the swimmer’s training group placement. Morning training attendance is part of your commitment to be in this performance squad/group	At Risk: 80-85%	Move: Below 80%
7 Sessions 11hrs.	Safe: 85%+		Attendance should ideally be 100%. Families of swimmers whose attendance falls below 85%(including land training) at any point in the season will be asked to meet with Head Coach. At this time action may be taken in regards to the swimmer’s training group placement. Morning training attendance is part of your commitment to be in this performance squad/group			
	At Risk: 80-85%					
	Move: Below 80%					

Equipment			
Kick Board	Hand Paddles	Fins	Skipping Rope
Pull Buoy	Finger Paddles	2x Drinks Bottles (750ml+)	Yoga Matt
Ankle Band	Snorkel	Spare Hat/Goggles	Stretch Cords

Accepted criteria for entry into squad:

- Consistently attending 80%+ training sessions in Junior Performance Squad
- Min 3 Accepted County entries at the HCASA County Championships (excluding 50m events)
- Ability to achieve 3 Regional times within 12 months
- Proven ability and commitment to following a competitive training programme (swimmers, with parental support)
- Meeting or exceeding the exit criteria for Junior Performance Squad
- A positive mind set, a desire and willingness to improve and progress through Fareham Nomads Swimming Club
- 100% commitment to team events (Inter club galas, County relays etc.)
- A Team player – polite, supportive, caring and empathetic

Considered criteria for entry into squad:

Swimmers assessed by the coaching team to have near term potential and or having longer term potential may be admitted or retained within a squad on a probationary period of between 3 – 12 months. The swimmer must however show commitment and demonstrable progress towards the overall squad criteria.

Exit Pathways

Exceeds performance levels: Retain place in Performance Squad (attendance consistently above 80%)
Consideration for move to National Performance Squad

- World class strokes, starts, turns, finishes and relay takeovers
- Solid tactical awareness including race pacing, race strategies, ideal stroke count / rate
- Consistently hold minimum of 6 Fly kicks off every wall (+1-2 strokes before breathing on free and +1 on Fly)
- Targeting multiple event qualification at county and regional level
- National qualification (or ability to achieve)
- Full set of PBs in all events

Not meeting criteria: Move to County Squad, Masters or return to Junior Performance Squad.
(Subject to age and ability, coaching teams discretion)

- Unable to attain the relevant competitive standard.
- Consistently Late to sessions without agreement.
- Consistently unable to maintain the Performance Squad training & competition commitment.
- Training at other clubs or seeking additional coaching/technical sessions outside of the Lead Coaches Planning.

National Performance Squad			
Lead Coach Richard Pointon		Support Coach Dom Redpath	
Aims & Objectives	To compete at County, Regional & National level with total commitment to the programme. Swimmers will be targeting the Regional championships and should be prepared to do “all that it takes” to reach the highest levels. Swimmers should have their sights on Swim England & British Nationals as they progress.		
Ideal Target Age Range	Males 13yrs + Females 12yrs + Biological age (as a guide)		
Athlete Development Support Phase	Train to Train – Building the Engine Train to Compete – Optimising the Engine Train to Win – High Level Competition		<ul style="list-style-type: none"> • Aerobic Development • + Multi Stroke base / Event specific + Competitive / Physical Development
Sessions	7 Sessions 11.5 hrs.	Safe: 85%+	Attendance should ideally be 100%. Families of swimmers whose attendance falls below 85%(including land training) at any point in the season will be asked to meet with Head Coach. At this time action may be taken in regards to the swimmer’s training group placement. Morning training attendance is part of your commitment to be in this performance squad/group
		At Risk: 80-85%	
		Move: Below 80%	

Equipment			
Kick Board	Hand Paddles	Fins	Skipping Rope
Pull Buoy	Finger Paddles	2x Drinks Bottles (750ml+)	Yoga Matt
Ankle Band	Snorkel	Spare Hat/Goggles	Stretch Cords

Accepted criteria for entry into squad is as per Performance Squad criteria plus:

- To have a national ranking time
- To be invited into the squad at the Head Coaches discretion based on attendance, effort and attitude to training .

Considered criteria for entry into squad:

Swimmers assessed by the coaching team to have near term potential and or having longer term potential may be admitted or retained within a squad on a probationary period of between 3 – 12 months. The swimmer must however show commitment and demonstrable progress towards the overall squad criteria.

Exit Pathways

Exceeds performance levels: Retain place in National Performance Squad (attendance consistently above 85%)

- World class strokes, starts, turns, finishes and relay takeovers
- Solid tactical awareness including race pacing, race strategies, ideal stroke count / rate
- Consistently hold minimum of 6 Fly kicks off every wall (+1-2 strokes before breathing on free and +1 on Fly)
- Targeting multiple event qualification at county and regional level
- National qualification (or ability to achieve)
- Full set of PBs in all events

Not meeting criteria: Move to County Squad, Masters or return to Performance Squad.
(Subject to age and ability, coaching teams discretion)

- Unable to attain the relevant competitive standard.
- Consistently Late to sessions without agreement.
- Consistently unable to maintain the Performance Squad training & competition commitment.
- Training at other clubs or seeking additional coaching/technical sessions outside of the Lead Coaches Planning.

Squad Criteria 2020/21

Masters Squad		
Lead Coach		Support Coach
Dominic Redpath		Richard Pointon/Julie Dickson
Aims & Objectives	To compete at County, Regional & National level with total commitment to an individually agreed training program with the Head Coach. Swimmers will be targeting the Regional championships and should be prepared to do " all that it takes " to reach the highest levels. Swimmers should have their sights on Swim England & British Nationals as they progress.	
Age Range	18yrs+	Chronological age
ADSP Phase	<i>Train to Win</i> – High Level Competition <i>Active for Life</i> – Fit for Life	+ Competitive - Event specific + Fitness - General Conditioning
Sessions	Up to 6 sessions available Up to 7.5hrs. available	

Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)

Squad Focus
Provide the opportunity for continued participation in the sport for both recreational and competitive Masters & Senior age swimmers.
This is a fun and friendly squad atmosphere but swimmers should be able to swim at a reasonable pace for sessions of between 2500-4500. Swimmers in this squad are also actively encouraged to participate in various Masters & Seniors age competitions.
It is advantageous to have come from a competitive swimming background but by no means a must.

County Squad		
Lead Coach Dominic Redpath	Support Coach/s Richard Pointon	
Aims & Objectives	To compete at County and Regional level with good commitment to the programme. Swimmers will be targeting the County Championships and potentially Regional Championships. Swimmers should aim to reach the highest levels based on ability and commitment levels.	
Age Range	13 -17yrs (18yrs if still in college) Chronological age	
ADSP Phase	<i>Train to Train</i> – Building the Engine <i>Train to Compete</i> – Optimising the Engine	+ General Conditioning
Sessions	5 sessions 6.75hrs.	It is expected that swimmers will attend morning sessions.

Equipment		
Kick Board	Hand Paddles	Ankle band
Pull Buoy	Finger Paddles	Fins
Snorkel	2 x 750ml drinks bottle	Spare Hat/Goggles

Squad Focus
<p>Provide an opportunity for continued participation in the sport for swimmers that have worked through the squads, Academy, Foundation, and Development but cannot meet the performance and commitment criteria for moving to or staying in Junior Performance / Performance or wish to combine training with other sporting disciplines (e.g. Triathlon)</p> <ul style="list-style-type: none"> • Swimmers must be able to be responsible for personal time management before considering joining this group • Training will be rigorous and detail-oriented. Swimmers are expected to be conscientious in all aspects of their preparation including stroke technique, nutrition, sleep and performance. • “Ownership of swimming”- swimmers are expected to commit to the training schedule and to show maturity and to communicate with their coach about their swimming experience, goals, conflicts if any, and take responsibility for their swimming. • Participation in all scheduled competitions and training camps is required for continued membership in this group. Swimmers are expected to attend and compete in events as designated by the Head Coach. At the discretion of the Head Coach

Squad Criteria 2020/21

Swim Fit	
Lead Coach Dominic Redpath	Support Coach/s Richard Pointon
Aims & Objectives	To swim to maintain a good level of fitness and to continue to enjoy the sport.
Age Range	12-17yrs Chronological age
ADSP Phase	N/A + General Conditioning
Sessions	2 sessions 2.5hrs.

Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)

Squad Focus
 Provide an opportunity for continued participation in the sport for swimmers that have worked through the squads, Academy, Foundation, and Development but cannot meet the performance and attendance criteria for moving to Junior Performance or Performance.

Or for those unable to meet the training demands of Junior Performance / Performance and do not wish to pursue competitive swimming. It is anticipated that the lower age range for entry into Swim Fit will be 12/13 years with the maximum age being 17yrs.

It should be noted that there are limited spaces available for members to join the Swim Fit Squad and places will be allocated at the discretion of the Coaching team, each case will need to be considered on an individual basis.