

Gold Squad

Training Times

All sessions to take place at the Becontree Heath Site

Monday	05:30 – 07:30	25m	16:00 – 17:30	50m
Tuesday	05:30 – 07:30	25m	16:45 – 18:15	50m
Wednesday	05:30 – 07:30	25m	16:45 – 18:15	50m
Thursday	05:30 – 07:30	25m	16:45 – 18:15	50m
Friday	05:30 – 07:30	25m	16:45 – 18:15	50m

Swimmers in this squad will be aiming to compete at Regional and above. All squad movements will be at the discretion of the coach based on Attendance Figures, Competition Performances and Training Execution and, therefore, may be moved to the following squads:

If Not Meeting Criteria - Squad 2, Diamond Squad or Swim fit.

If Exceeding Criteria - Platinum

Session Attendance & Recommended Training Items

The Minimum Training Requirements:

Age 11/12	6 Sessions per Week
Age 13	7 Sessions per Week

Required Items:

- Fins (Short)
- Snorkel
- Alignment Board / Small Kick
- Hand Paddles
- Skipping Rope
- Pulling Ankle Strap
- Pull Buoy
- Two 1 Litre water bottles (Filled!!)

Core Values

1. Being on time
2. Work ethic
3. Effort
4. Energy
5. Body language
6. Passion
7. Doing extra
8. Being prepared
9. Being coachable
10. Attitude

Session Policy

All these points are at the Coach's discretion

- Swimmers are to be on poolside 5-10 minutes before the start of pool session to conduct a pre pool warm up.
- All swimmers on poolside must start the session when told. If not, swimmer will not be permitted to take part in the session.
- Swimmers arriving later than 10 minutes after the session starts will not be allowed to join the session.
- Swimmers that arrive within the 10-minute window will be given 2 minutes to enter the water; failure to do so will result in them not being allowed to swim.
- Swimmers must use their training equipment when required.
- No swimmer shall stand & fix goggles during sets.
- No swimmer will skip lengths during a set
- Swimmers must take their kit home with them after every session; i.e. no equipment to be left in the lockers in either pools.
- We know that everyone is sometimes unavoidably late. Consistent lateness will not be tolerated