

Silver Squad

All sessions to take place at the Becontree Heath Site

Training Times

Tuesday	18:00 – 19:30	50m
Wednesday	18:00 – 19:30	50m
Thursday	18:00 – 19:30	50m
Friday	18:00 – 19:30	50m
Sunday	06:30 – 07:30	25m

Swimmers in this squad will be aiming to compete at County Level and above, whilst also being recommended to take part in Arena League and Arena Junior League Events. All squad movements will be at the discretion of the coach based on Attendance Figures, Competition Performances and Training Execution. Using this, the following paths are possible:

If Not meeting criteria - Ruby or Swim Fit

If Exceeding Criteria - Gold

Session Attendance & Recommended Training Items

Minimum Training Requirement is 5 Sessions per Week

Required Items:

- Fins (Short)
- Snorkel
- Alignment Board / Small Kick
- Hand Paddles
- Skipping Rope
- 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