



Squad criteria

Competitive Development and Senior Competitive/Performance squads

Squad moves are at the Coaching Team's discretion and are dependent upon a variety of factors:

- Work ethic & attitude
- Commitment
- Technical ability
- Age, physical, cognitive and emotional maturation

The ultimate decision about the squad into which a swimmer is admitted rests with the Head Coach. The Head Coach's decision is final.

Senior Performance

Acceptance into the Senior Performance squad is on the basis of the following:

- Age 13+
- Swimmers targeting South-East Regional Champs and British and Home Nation Summer Championships
- Hold a county qualifying time
- Attend a minimum of five training sessions per week
- Attend at least one morning session per week (Options are Monday/Friday/Sunday)
- Attend at least one Sunday session per week
- Compete at the major meets if qualified/invited (Counties, Regionals, Nationals, Arena League)
- Generally avoid holidays during the swimming season (or plan it in advance and discuss it with the Head Coach)
- Show continued development at the test sets
- Exceptional discipline – act as a role model for the younger club members

Senior Competitive

Acceptance into the Senior Competitive squad is on the basis of the following:

- Age 13+
- Swimmers targeting County Championships
- Attend a minimum of four training sessions per week
- Enter at least 75% of the Level 3 meets + Level 2 and Level 1 meets if qualified
- Generally avoid holidays during the swimming season (or plan it in advance and discuss it with the Head Coach)
- Show continued development at the test sets
- Exceptional discipline – act as a role model for the younger club members

Competitive Development 2

Acceptance into the Competitive Development 2 squad is on the basis of the following:

- Age 9+
- Swimmers targeting County and Regional Championships
- Attend a minimum of four training sessions per week
- Enter at least 2 competitions per term (not including Counties and Regionals) and a variety of events
- Generally avoid holidays during the swimming season (or plan it in advance and discuss it with the Head Coach)
- Show continued development at the test sets
- Train at the appropriate pace
- Complete all exercises perfectly

Competitive Development 1

Acceptance into the Competitive Development 1 squad is on the basis of the following:

- Age 9+
- Swimmers targeting to compete
- Attend a minimum of three training sessions a week
- Enter at least 2 competitions per term (not including Counties and Regionals) and a variety of events
- Show continued development at the test sets
- Train at the appropriate pace
- Complete all exercises perfectly
- Able to use the pace clock

