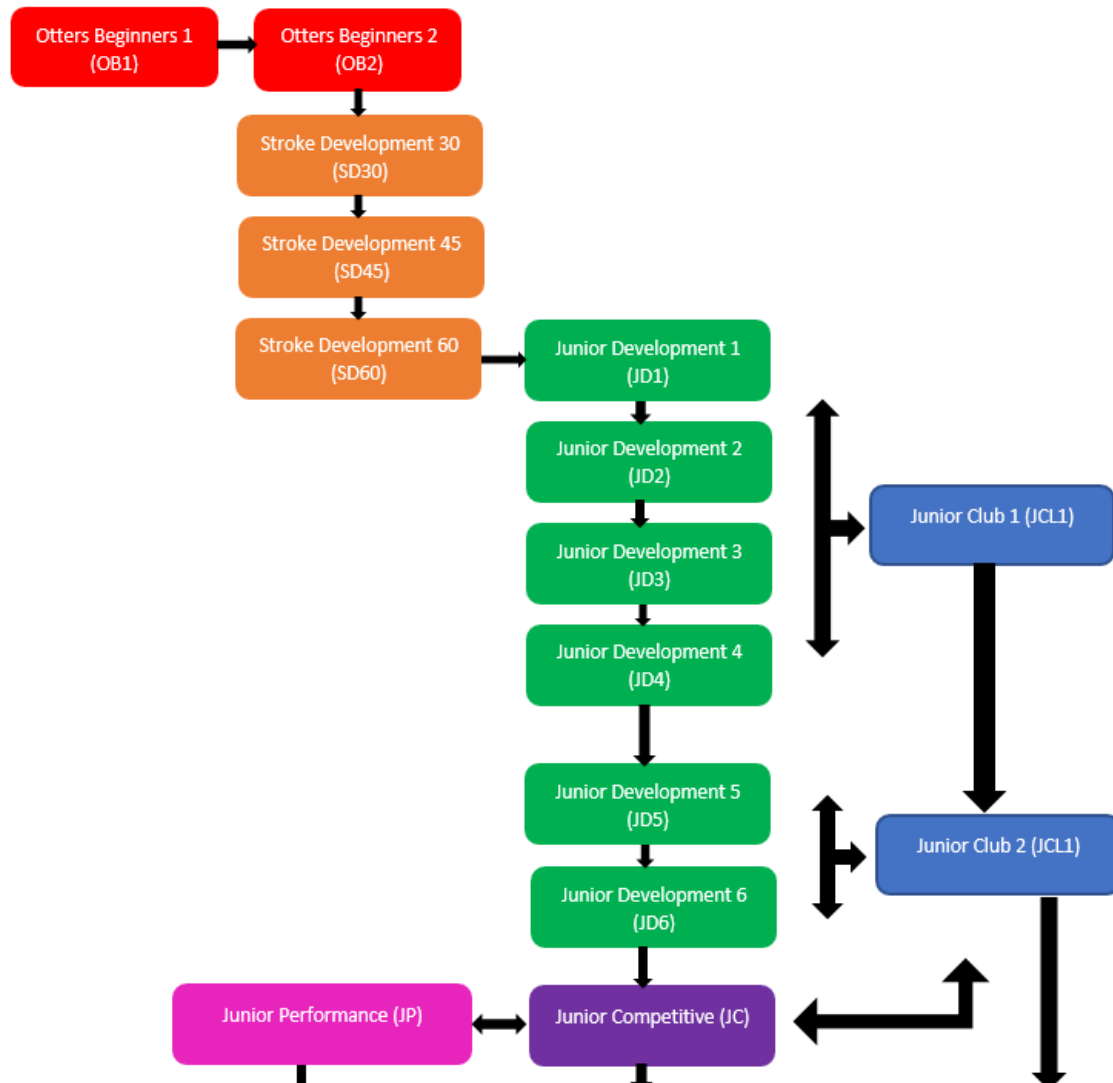


Squad Pathways

The Structure



Junior Development Criteria

The Junior Development programme is offered to existing and new swimmers as below:

- Swimmers aged 10 and under

- Swimmers who can perform all four strokes with technical development needs

Junior Development 1 is the equivalent of a Stage 8 in the Swim England framework. Swimmers will develop their stroke technique, competition skills and stamina within the Junior Development squads. By the time swimmers reach JD6, we expect them to be able to train and compete in 200 metre distances.

Junior Club 1

Existing swimmers in JD1-4 and new swimmers will be offered a place in Junior Club 1 in the following instances:

- If the swimmer is 11 years old and over
- If the swimmer's skills and stamina need specific work for training and competition

Junior Club 1 follows the same scheme of work and coaching plan as the Junior Development 4 squad, but allows the coaches to engage with swimmers at a more appropriate level for their age and ability. It also ensures the swimmers are surrounded by peers of a similar age and ability to them. We think this is important for their self-esteem and enjoyment at swimming.

Swimmers will be promoted from JCL1 to JCL2 once their stamina and skills reach the appropriate level.

Junior Club 2

Existing swimmers in JD5-6, Junior Competitive or Junior Performance will be offered a place in Junior Club 2 for the following reasons:

- If the swimmer is 11 years and older whilst swimming in Junior Development 5/6
- If the swimmer is not achieving 50% or more of their sessions in JD6 or JC
- If the swimmer does not achieve the criterion set by the Junior Performance Coach (this will be discussed with the parents)
- If the swimmer struggles to keep up in JC or JP sessions

Junior Club 2 follows the same scheme of work and coaching plan as the Junior Development 6 squad, allowing the coaches to engage with swimmers at a more appropriate level for their age and ability. Swimmers are surrounded by peers of a similar age and ability to them and are given the freedom to attend sessions adhoc. Junior Club is suitable for swimmers who want to train up to 3 times per week, compete at competition, maintain fitness, remain sociable with peers and use swimming as an extra-curricular activity for their profiles.

If a swimmer in Junior Club 2 decides they wish to move over to the competitive squad, they will need to achieve an appropriate level of attendance and attitude criteria before being trialled to ensure they are capable of keeping up in the Junior Competitive squad. Please note this is down to the discretion of the coach and will be discussed with the parents once raised.

Swimmers will be promoted from JCL2 to Youth Club when they reach the age of 13 and/or a level of stamina (whichever comes first).

Junior Competitive

Swimmers who are 11 and under and have been identified by the following criteria will be offered a place in JC:

- Swimmers are attending 50% or more of available sessions to them
- Swimmers will have the strength, stamina and technique to participate in Junior Competitive sessions
- Swimmers are enrolling and signing up to as many competitions available to them as possible
- Swimmers will preferably accept invitations to team competitions
- Swimmers will have a positive attitude towards training and competition

Junior Competitive squad train alongside Junior Development 6 which focuses on skill development and Junior Performance which focuses on training for competition and performance.

Swimmers in Junior Competitive will be selected by the Junior Performance Coach and invited for promotion to JP based on criteria set by the coach. This will be discussed between coach and parents.