

## **SQUAD CRITERIA FREQUENTLY ASKED QUESTIONS**

### **Q: Why have the criteria been introduced?**

Squad criteria allows coaches to assess the progress of a swimmer to ensure they are prepared for any squad move and are training in the appropriate squad for their ability, dedication and attitude to their swimming.

### **Q: Why aren't set times used for Squad criteria?**

The club encourages swimmers who are dedicated to improve and move forward with their swimming and not simply promote swimmers on their times. The criteria allows coaches to give swimmers credit in areas such as attendance, dedication, commitment to improve etc.

### **Q: Are there squad times for Cadets through to Silver Squad?**

The club only uses squad times for entry into WG and PG, which are based on a certain percentage above the Surrey QTs. Cadets through to Silver squad criteria are based on assessing the ability of a swimmer to improve and train at the appropriate level in the next squad above.

### **Q: What points are given to each credit and can I track how many points my swimmer has?**

The criteria are not intended to be a tracked point system for parents, more a process for coaches to assess on a relative basis, where swimmers have demonstrated the commitment and ability to be promoted to the next level.

### **Q: What are test sets and how do I know my swimmer has achieved them?**

Test sets are undertaken as routine within the normal training sessions as a way for coaches to assess the level of training of a swimmer. Swimmers are informed of the importance of striving to achieve these test sets to continually improve their level of swimming.

### **Q: Why are some of the WG and PG squad times the same for different ages?**

The squad times are based on a percentage (slower) of the Surrey QTs, some of which are the same time for different age groups.