

These new Boldmere SC squad criertia will come into effect on 1st Septemeber 2018 with a transition period to the 2018 Boldmere Open (20&21 Oct 2018)

Description	Masters	Performance GOLD	Performance SILVER	Performance BRONZE	Competitive GOLD	Competitive SILVER	Competitive BRONZE	Sharks	Snappers	Minnows	Club SENIOR / MASTERS	Club JUNIOR	
Working Towards	County Qualifying & above	National Qualifying & Finals	Regional Qual/Finals & National Qualifying	County Qualifying & Finals	Regional / County Qualifying & Finals	County Qualifying	Development Meets Stage 9 - 10 / 400m+	Stage 7 - 8 Transition	Stage 5 - 6 Advanced	Stage 1 - 4 Instruction	Strength & Fitness	Strength & Fitness	
Sessions Available	6	8	7	5	6	5	6	5	4	3	4	3	
Pool Hours Available	9.25	14.75	10.5	7.25	9	6.25	5.75	4.75	3.75	3	5.75	5	
Land Hours Available	0	3	2.25	0.75	0	0	0	n/a	n/a	n/a	0	0	
Total Training Hours	9.25	17.75	12.75	8	9	6.25	5.75	4.75	3.75	3	5.75	5	
Age Indicator ++	18 Yrs +	13 to 18 Yrs	11 to 13 Yrs	8 to 11 yrs	13 to 18 Yrs	11 to 13 Yrs	8 to 11 Yrs	7 - 11 yrs	5 to 11 yrs	5 to 11 yrs	13 yrs +	11 to 13 Yrs	
Entry Criteria	Performance	by invitation only * * evidence of competing will be considered criteria	MDQT's in 200m events preferable CQT's in 9+ events will be considered	CQT's in 5+ events (1 in a 200m event) will be considered	CQT's in 3+ events for 10 & 11 yrs (eligible for a trial*) (n/a for 8 & 9 yrs)	by invitation only * * evidence of competing will be main consideration criteria	by invitation only * * evidence of competing will be consideration criteria		To follow the swim England national plan	To follow the swim England national plan	To follow the swim England national plan		
	Ability	Internal Testing: varied & specific	Internal Testing: kick best average race pace progressive work threshold pace high volume recovery race skills technical proficiency	Internal Testing: kick best average progressive work speed work high volume recovery race skills technical proficiency	Internal Testing: kick best average progressive work speed work race skills technical proficiency	Internal Testing: kick best average progressive work speed work race skills technical proficiency	Internal Testing: kick best average progressive work speed work race skills technical proficiency	Internal Testing: kick best average speed work race skills technical proficiency	To swim 100m including all four strokes and to begin to show other vital swimming skills	Swim 10m of all strokes	Any child wanting to swim		
	Application	Listens to & applies coaching points	Proactive towards improvement; demonstrating performance behaviour patterns Engagement with additional offers (long course training, camps, overseas, meets, education)	Proactive towards improvement; demonstrating performance behaviour patterns Engagement with additional offers (long course training, overseas meets, camps, education)	Listens to & applies coaching points Engagement with additional offers (long course training, workshops, development programs)	Listens to & applies coaching points	Listens to & applies coaching points	Listens to & applies coaching points	Listens to & applies coaching points	To listen to the teacher to combine skills and swim continuously with good technique	Listens to & applies teaching points	To build confidence in the water	Listens to & applies coaching points
Attitude	Demonstrate a good attitude	Demonstrate a professional performance mindset	Demonstrate a positive performance mindset	Demonstrate a positive competitive mindset	Demonstrate a positive competitive mindset	Demonstrate a positive competitive mindset	Demonstrate a good attitude	Demonstrate a good attitude	To show enthusiasm for improving skills	To show interest for improving skills	To show curiosity in the water	Demonstrate a good attitude	Demonstrate a good attitude
Commit Criteria	Month %	70%	85%	85%	85%	75%	75%	75%					
	Min Swim Sessions+	2	6	4	3	2	2	1	1	1	1	1	1
	Min Land Sessions+		3	2									
	Meets / Galas	as per annual plan	as per annual plan	as per annual plan	as per annual plan	as per annual plan	as per annual plan	encourage internal competition	encourage internal competition				

+ Maximum number of training sessions to be discussed at swimmer reviews and agreed on an individual basis

++ Boldmere Swimming Club recognise physiological development may differ to chronological development, to cater for this we adopt a fast track policy for early development, whilst also taking into consideration later development

THE ABOVE CRITERIA ARE INTENDED AS GUIDANCE FOR PARENTS AND SWIMMERS AND A FRAMEWORK FOR SQUAD ALLOCATION. THE COACHING TEAM HOLD THE FINAL DECISION ON ALLOCATION OF SWIMMERS TO SQUADS.

These criteria will be updated by the Director of Swimming as appropriate. Notification will be given to members when updates are made.