Performance Squads Criteria

from September 2021

Senior Performance - Lead Coach: John

Swimmers targeting South East Youth & Age Group Championships. Attending all meets identified for the Performance program.

BASE CRITERIA:
- 100% Commitment to the training program
- Commitment to Team Events (Arena League/Relays/Club Championships)
- Attendance: minimum 7 pool and all land sessions
- Positive attitude and mindset

WORKING TOWARDS 2022:
- Achieving County Automatic Qualifying Times
- Achieving South East Region Automatic Qualifying Times

SQUAD AIM: To offer the best training opportunities for the hard working and committed swimmer. Working towards National Qualifying.

AGE GUIDE: Male 14 - 17+, Female 13 - 17+

Junior Performance - Lead Coach: Spencer

Swimmers from 11yrs targeting County and South East Age Group Championships. Attending all meets identified for the Performance program.

BASE CRITERIA:
- 100% Commitment to the training program
- Commitment to Team Events (Arena League/Relays/Club Championships)
- Attendance: All pool and land sessions, and if invited all additional Senior Performance sessions
- Positive attitude and mindset

WORKING TOWARDS 2022:
- Achieving County Automatic Qualifying Times
- Achieving South East Region Automatic Qualifying Times

SQUAD AIM: To offer the best training opportunities for the hard working and committed swimmer. Working towards our Senior Performance program based on the above criteria.

AGE GUIDE: 11 - 14