

Competitive 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 programme.

BASE CRITERIA:

- 100% Commitment to the training programme
- 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+

Senior Race - Lead Coach: David

Swimmers targeting County and South East Youth & Age Group Championships. Attending the majority of meets from the seasons calendar.

BASE CRITERIA:

- 100% Commitment to the training programme
- Commitment to invited Team Events (Arena League/Relays/Club Champs.)
- Attendance: minimum 4 pool and land sessions
- Positive attitude and mindset

WORKING TOWARDS 2022:

- Achieving County Base Qualifying Time
- Achieving South East Region Base Qualifying Time

SQUAD AIM: To offer a high level of training opportunities for the hard working swimmer. Working towards Regional Qualifying/Finals and the Senior Performance programme based on the above criteria. Supporting those swimmers unable to commit to the Senior Performance programme.

AGE GUIDE: 13 - 17

Senior Competitive - Lead Coach: Graeme

Swimmers ideally targeting County Championships and attending meets from the seasons calendar including Club Championships. An ideal squad for Multi-Sport Athletes where training schedules prohibit commitment.

BASE CRITERIA:

- Commitment to the training programme
- Commitment to invited Team Events (Arena League/Relays/Club Champs.)
- Attendance: All pool sessions recommended
- Training abilities matching existing squad swimmers
- Positive attitude and mindset

SQUAD AIM: To give late developing swimmers the opportunity to progress into our Senior Race Programme. An alternative training programme for Swimmers and Multi-Sport athletes with a full diary. To retain competitive Swimmers in swimming.

AGE GUIDE: 13 - 17

Junior Performance - Lead Coach: Spencer

Swimmers from 12yrs targeting County and South East Age Group Championships. Attending all meets identified for the Performance programme.

BASE CRITERIA:

- 100% Commitment to the training programme
- 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 programme based on the above criteria.

AGE GUIDE: 11 - 14

Junior Race - Lead Coach: Emily

Early developed Swimmers from 8yrs, targeting County Championships from 10/11yrs. Attending all selected meets from the seasons calendar including Club Championships.

BASE CRITERIA:

- 100% Commitment to the training programme
- Commitment to invited Team Events (Arena League/Club Championships)
- Attendance: minimum 4 pool and land sessions
- Positive attitude and mindset

WORKING TOWARDS 2022:

- Achieving County Base Qualifying Times (10/11yrs)

SQUAD AIM: To develop the early achieving swimmer, building on an already high level of skills. Working towards our Performance programme based on the above criteria.

AGE GUIDE: 8 - 11

Junior Competitive - Lead Coach: Tom

Entry level Competitive Squad where Swimmers are targeting their first County Championships or for those swimmers that are not quite ready for our Performance or Senior programmes. Attending all selected meets from the seasons calendar including Club Championships.

BASE CRITERIA:

- Commitment to the training programme
- Commitment to invited Team Events (Arena League/Relays/Club Champs.)
- Attendance: All pool sessions and land sessions recommended
- Training abilities matching existing squad swimmers
- Positive attitude and mindset

SQUAD AIM: To give late developing swimmers the opportunity to progress into our Senior Race Programme. An alternative training programme for Swimmers and Multi-Sport athletes with a full diary. To retain competitive Swimmers in swimming.

AGE GUIDE: 11 - 14