



# Race Squads Criteria

from September 2021

## Senior Race - Lead Coach: Tom

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 program
- 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 Squad based on the above criteria. Supporting those swimmers unable to commit to the Senior Performance program. Developing Junior Swimmers as they transition into a Senior program.

**AGE GUIDE:** 13 - 17

## 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 program
- 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 program based on the above criteria.

**AGE GUIDE:** 8 - 11