

Squad Criteria

National Squad -

Entry Requirements:

- Swimmers will normally be 13 years or older
- Achieve Regional qualification (Working towards National qualification)
- Have shown consistent high attendance and good attitude towards training
- Have effective technique on all four strokes
- Demonstrate high levels of skill application in races

Aim of National Squad:

- National success and placement onto international teams
- More emphasis on training towards individual specific events
- Introduction into gym work & strength development through harder land training
- Ability to maintain good management between training, school and home

Junior Squad -

Entry Requirements:

- Swimmers will normally be between the ages of 10-14
- Have effective technique on all four strokes
- Multiple County Qualification times (Working towards regional qualification)
- Improved levels of skill application in races
- Show an improved attitude towards training

Aim of Junior:

- Regional Qualification
- Greater development of swimmers aerobic capacity
- Emphasis on training towards medley and distance freestyle
- Introduce daily training in preparation for National requirements
- Instil discipline and commitment to the sport/programme
- Instil greater understanding of nutrition, time management, psychology, competing and hydration

Performance Squad -

Entry Requirements:

- Swimmers will normally be 12 years +
- Have an advanced level of technique on all four strokes
- Each swimmer will target the County Championships (Work towards Regional qualification)

Aim of Performance Squad:

- This squad is for swimmers who may be late developers or do not yet fulfil the criteria to be a member of the National squad but still want to train and be a competitive swimmer
- Instil greater understanding on nutrition, hydration and psychology of competing
- Attend and perform at target meets throughout the season

Potential Squad -

Entry Requirements:

Swimmers usually aged between 8-13 years old

Identified to have necessary stroke technique and basic skills

Shows high level of attendance, work ethic and commitment to the programme

Achieve County qualification

Aim of Potential Squad:

To develop effective technique on all four strokes (including underwater kick)

Continue to develop starts, turns and finishes on all four strokes

Introduction of basic speed, kick and aerobic sets

Learn how to train effectively (reading the clock and lane discipline)

Introduce basic land training exercises and stretching

Development Squad -

Entry Requirements:

Swimmers usually aged between 8 -11 years old

Identified to have necessary stroke technique and basic skills

Aim of Development Squad:

To develop effective technique on all four strokes

Introduce turns, dives and underwater kick

Introduce use of equipment (fins/snorkels/boards)

Introduce competitions & the importance of attendance at training

Fitness Squad -

Entry Requirements:

All swimmers to be aged 16 years or older

Aim of Fitness Squad:

Basic principles of training

Improve fitness of all swimmers

Educate and recruit future volunteers/coaches

Ultimately all squad moves are left to Head coaches discretion.