

Criteria

Group 1 = Development Squad

- Minimum of 2 sessions a week but prefer 3
- Focus on technique/PBs/Diddy Team selection

Group 2 = Junior County

- Minimum of 3 sessions a week but prefer 4
- Focus on Diddy team selection/county times

Group 3 = Senior County

- Split into two through lanes-recreational swimmers = minimum of 2 sessions per week, county swimmers = minimum of 3 sessions but prefer 4
- Focus on county and district times

Group 4 = National Squad

- Minimum of 4 sessions a week but prefer 5
- Focus on county/districts/National Qualifying Times

Group 5 = Masters

*** Selection is competitive, squad numbers will be limited so whilst achieving one time it will not guarantee selection

*** The times given are consideration times and not selection times

*** Each squad will have its own lead coach who will be responsible for:

1. Cover of their squads sessions
2. Be the first point of contact for parents
3. Have an active role in club gala selection

*** Each squad will also have a parent who will act as the Squads representative and they will act as a liaison between the parents and the coaches and will be asked to attend all coaches meetings if they wish to.

Coaches and Groups

Development Squad = Jo as lead coach and Emily

Junior County = Chris Davidson as lead coach and

Senior County = Eddie as lead coach with Liz and Chris Gubb

National Squad = Sarah as lead coach and Jim Morton

Masters = Steve as lead coach and Geoff

Criteria of entry-Development Squad

- Minimum age of 6 years old
- Must have the ability to swim 3 out of the 4 strokes
- Must have the ability to swim 8 x 25m continuously with reasonable technique
- The emphasis is on technique rather than speed
- Swim trial for entry

Emphasis of the group

- Emphasis on technique
- Will be taught all four strokes
- Learn correct starts/turns and finishes
- Learn good diving technique
- Competitive start awards
- Introduction to competition

Criteria of entry-Junior County

- Have to be able to swim all strokes-must be legal and legitimate techniques
- Must be able to swim continuously for 15mins with reasonable technique
- Need to be competent and able to turn properly on all four strokes
- Need to be able to streamline and glide to 6m as a minimum
- Timed swims and percentage of county times will be used for entry

Emphasis of the group

- Emphasis will be on technique of all four strokes with introduction to speed
- Competition geared around diddy team selection and county times

Criteria of entry-Senior County

Senior County A

- Need to make a percentage of National Qualifying times in certain events
- Need to turn and dive competently
- Streamline and glide to 10m and over
- Need to swim all strokes-maybe specialising in 1 or 2 events
- Competition times and time trials for entry
- Will be required to keep a daily logbook

Emphasis of the Group

- Technique and speed work
- Make county and districts in more than one event

Criteria for entry

Senior County B

- Recreational swimmers
- Minimum age 10 years old
- Focus is on health and fitness
- Competition focus is on making the club teams
- Must be able to swim 3 out of the 4 strokes with legitimate technique
- Must be able to start and turn competently
- Will have to complete a questionnaire and swim a time trial for entry

Criteria for entry-National Squad

- Have to be able to swim all 4 strokes competently and with legal stroke technique
- Have to be able to dive and turn competently on all four strokes
- Have to make a percentage of National Qualifying times
- Will be required to fill out a daily logbook

*** Logbooks-these need to be done daily recording the main set of the session, the total volume of the session and a comment about the session, the volume at the end of each week then needs adding up and putting in.