



## Club Squad Criteria



Club Squad provides swimmers the opportunity to continue training in a competitive environment, without having to give the full commitment expected in other squads.

Training will continue to develop aerobic capacity, technical skills and speed. Swimmers aged 15 years and over will be able to specialise in their best strokes/events.

The squad is aimed at swimmers aged 12+ years old, and offers five swimming sessions a week. Swimmers who are 15 years old and are currently competing at Regional standard will be invited to attend the Wednesday morning session with National Squad.

### **Minimum Attendance Requirements:**

- Swimmers must commit to a minimum of three sessions per week

### **Competitions**

- Four Competitions per season including Club Championships
- Swim in all events which qualified for at Yorkshire and Regional Championships

*Please note these criteria apply equally to all squad swimmers irrespective of any swim sessions, or other complimentary sporting activities, that a swimmer may regularly participate in outside of the Club.*

Allowances will be made during busy exam periods, and for other exceptional short-term circumstances e.g. recovery from injury/illness. Any concerns regarding a swimmer's ability to meet the criteria should be discussed with the squad coach in the first instance.

### **Performance Pathway:**

#### **National Squad**

Promotion into National Squad will be based on a continued assessment by the Head Coach and Squad Coach. This assessment will be based on the following factors:

- Application to training
- Technical Skill (assessed over four strokes)
- Commitment
- Attendance
- Racing Performances

All promotions to National Squad are subject to a 3-month trial before the swimmer becomes a permanent member of the squad.

#### **Masters Squad**

Any swimmer who is 18 years old has the alternative option of moving to the Masters Squad which offers 3 sessions a week and an alternative competition structure.