



County Squad Criteria



In County Squad, swimmers will continue to focus predominantly on improving technical and racing skills and start to develop their aerobic capacity through longer and more frequent training sessions. Land training will also be introduced to promote the importance of flexibility and core strength.

The performance target for the swimmers is to achieve Yorkshire qualification times.

The squad is for swimmers aged between 8 and 12 years old and offers five swimming sessions a week with one land training sessions available.

Minimum Attendance Requirements:

Swimmers must maintain these standards to remain in the squad

- swimmers are expected to attend three training sessions each week. Attendance will be regularly monitored by the coaching team.

Competitions:

- Four competitions each season including Club Championships
- Swim in all events which qualified for at Yorkshire 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:

Regional Squad

Promotion into the Regional squad will be based on a continued assessment from the Squad Coach and approved by the Head Coach. This assessment will be based on the following:

- Technical ability over four strokes
- Racing and Time Trial performances
- Attendance (Swimmers should be training four sessions per week to be considered for a promotion)
- Attitude to training

Club Squad & Junior Club Squad

Swimmers who are 12 years old and have not achieved the standards for promotion to Regional Squad may be offered the opportunity for promotion into Club Squad or Junior Club Squad. To be considered swimmers must have:

- Demonstrated a strong work ethic to their training
- Have shown a desire to further their development in competitive swimming
- Be willing to commit to the squad criteria