



Junior Club Squad Criteria



Junior Club Squad is a competitive training squad for swimmers aged 11 to 15 years old and provides them with the opportunity to develop their technical skills, aerobic fitness and speed over all four competitive strokes.

The squad offers three swimming training sessions and one land training session per week.

Minimum Attendance Requirements:

Swimmers must maintain these training and competition standards to remain in the squad.

11-13 years – one swim session per week

14-15 years – two swim sessions per week

Four competitions per season including the Club 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.

Performance Pathway:

Club, County, Regional Squad

Swimmers may be offered promotion into one of three squads based on the following criteria:

- Attitude to training and competition
- Attendance (must attend at least two sessions a week and four competitions a season for consideration)
- Training performances
- Racing performance

All promotions will be at the discretion of the Junior Club Squad Coach and Head Coach.

Exit Pathway:

Swimmers who have reached the age of 16 years old will be asked to leave the squad and will be provided with alternative swimming options at local competitive swimming clubs.