



National Squad Criteria



A place in the National squad represents a full commitment to swimming training.

The training programme is intensive as the session length and volumes will be increased. Age group swimmers will primarily focus on developing technical skills and aerobic capacity over all four strokes. Youth and senior swimmers will begin to focus on their best strokes/events and the training will become more specialised. Land training sessions provide swimmers with more challenging exercises to develop swim specific strength and also educate on injury prevention.

The squad is for Girls aged 12 years+ and Boys 13 years+ and offers nine swimming sessions a week with three land training sessions.

Minimum Attendance Requirements:

The table below shows the number of sessions which swimmers must attend to maintain their place within the National Squad.

Boys

13/14 years – 6 sessions per week
15 years and over – 7 sessions per week

Girls

12 years – 6 sessions per week
13 years and over – 7 sessions per week

Recommended Attendance Progression:

The table below details the recommended number of sessions for swimmers in the National Squad to maximise their development and realise their potential.

Boys

13/14 years – 6 sessions per week
15 years and over – 7 sessions per week
16 years – 8 sessions per week
17 years and over – 9 sessions per week

Girls

12/13 years – 7 sessions per week
14/15 years – 8 sessions per week
16 years and over – 9 sessions per week

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.

Maintaining a Place:

At the end of every season all swimmers will have their place reviewed in the squad. The assessment will be based on the following factors:

- Attendance
- Training performances
- Attitude
- Racing performances (all swimmers must maintain a Regional time, and/or achieve this within 12 months of entering the squad)

The Head Coach will meet with swimmers and parents throughout the season to discuss any standards that may need to be improved upon.

Performance Pathway:**Club Squad**

Swimmers who can no longer commit to the minimum attendance standards of National Squad or have not maintained a squad place at the end of the season, will be offered a place in Club Squad. This will provide swimmers with the opportunity to train five sessions a week.

Masters Squad

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