



Regional Squad Criteria



Training in Regional Squad becomes more focused on the development of aerobic capacity through the increased volume of work and session requirements.

Technical and race skills are still an important aspect of the squad and all swimmers are expected to maintain good technique throughout the sessions. Land training sessions focus on teaching the correct form of numerous exercises, further developing flexibility, and introduce stabilisation movements.

Swimmers should already be achieving Yorkshire qualifying times and aiming to reach a Regional qualifying standard. The squad is for swimmers aged between 9 and 15 years old and offers seven swimming sessions a week, with a further land training session available.

Minimum Attendance Requirements:

Swimmers must maintain these standards to remain in the squad

Boys

11/12 - 4 to 5 sessions per week
13 years – 5 sessions per week
14-15 years – 6 sessions per week

Girls

9/10/11 years – 5 sessions per week
12/13 years – 5-6 sessions per week
14 years – 6-7 sessions per week

Competitions:

- Six 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. This assessment will be based on the following criteria:

- 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.

Club Squad

Swimmers who are either unable to meet the squad standard, or have reached the maximum age criteria, may be offered a place in Club Squad. This is on the provision that they remain committed to working hard and furthering their development in the sport. This will provide swimmers with the opportunity to train 5 sessions a week.