



## **Squad Overview** **Youth Performance**

### **Squad Aims & Objectives**

1. Compete at the highest possible swimming level.
2. Commit to an agreed training and competition programme laid out by the Head Coach.
3. Take on and be part of the 'performance athlete' lifestyle.
4. Swimming should take priority over other extra-curricular activities and swimmers must commit to follow a planned training schedule through exam periods to avoid any prolonged periods of missed training.

### **Squad Focus**

Swimmers will begin to specialise on strokes and/or distances upon progression in the squad. Swimmers entering the squad at the youngest age will keep a large variety in their training. There is always a heavy focus on perfecting stroke technique and kick. Training is planned around peaking in December, April/May and July.

### **Competition Programme**

Individual programme in discussion with the head coach.

Younger swimmers will keep a varied competition program to ensure holistic development.

Rushmoor Royals Home Galas

External galas following the competition programme up to and including British Championships



## Squad Selection Criteria

### *Age*

Male:	16 Years +	(Can be considered younger at Head Coach's discretion)
Female:	15 Years +	(Can be considered younger at Head Coach's discretion)
Ages are based on year ending of that specific season.		
Example: Sept 2023 – Aug 2024 Season, ages would be based of 31 <sup>st</sup> December 2024		

### *Performance*

#### **Accepted Criteria for Entry**

- Top 44 British Ranking in a single age group
- Finalist at South East Regional Summer Championships
- Excluding 50m events for those aged 15 & Under

#### **Consideration Criteria for Entry**

- Qualification to the South East Regional Summer Championships
- Excluding 50m events for those aged 15 & Under

### *Attitude & Commitment*

- Proven ability and commitment to following the training programme laid out by the coaching team
- 100% Commitment to team events and the recognition that team success is of a higher importance than individual success at these events
- Ability to take personal responsibility for performances in training and at competitions
- Always adhere to the club values and be a role model to the younger squads
- Consistently attending a minimum 80% of the agreed training plan as discussed with head coach at the start of each training cycle
- Adhere to the swimmer code of conduct & parents code of conduct

### *Pool Training Criteria*

- Ability to consistently demonstrate holding their individual underwater kick counts under pressure
- Be able to perform a set of 10x100m Freestyle of 1:30 Short Course holding skill level
- Hold required pace times (AT, VO2, Basic Speed, Race Pace) when asked in training
- Take full responsibility for their efforts in training sessions and apply themselves to all aspects of their training
- Be able to perform in regular kick sets



## Land Training Criteria

- Commit to attending a minimum of 2 land training sessions per week
- Wear club kit to all land training sessions
- Arrive at least 20 minutes before swim sessions for pre-pool
- Stay for at least 15 minutes after swim sessions for post-pool recovery

## Criteria for Squad Exit

- Unable to attain/maintain relevant performance and/or training standards
- Consistently not meeting the minimum required sessions for the squad
- Consistently unable to follow the training and/or competition program for the squad
- Attending competitions outside of the squad competition calendar without prior approval from the head coach
- Training at other clubs or seeking additional coaching/technical advice outside the Head Coaches planning

## Pathways within the Club

Not meeting squad selection criteria	Move to Youth Competitive or Masters Squad
Squad positions are reviewed in: December / May / August	

All aspects of this squad overview are at the discretion of the Head Coach and the coaching team and may be waived or changed at any time without prior notice needed.