



Squad Overview Regional Performance

Squad Aims & Objectives

1. Compete in finals at the Hampshire County Championships
2. Looking to progress to a Regional Level and potentially English Nationals.
3. Commit to an agreed training and competition programme laid out by the squad Lead Coach.
4. Continue along their path within the OADF (Optimum Athlete Development Framework)
5. Consistently show good commitment to the programme laid out by the lead coach.

Squad Focus

Swimmers will focus on developing all four strokes and their individual medley. There is always a heavy focus on perfecting stroke technique and kick whilst swimmers will also begin to develop their aerobic and speed backgrounds.

Competition Programme

Competitions programmes should be kept as varied as possible and swimmers must race in a range of events.

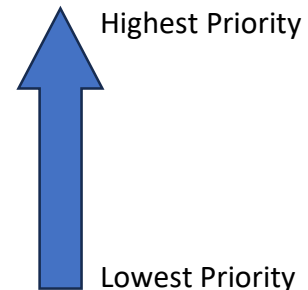
400m Individual Medley and Freestyle in discussion with the lead coach

800m / 1500m Freestyle in discussion with the lead coach

200m Events in all strokes including Individual Medley

100m Events in all strokes

50m Events in all strokes



Rushmoor Royals Home Galas

External galas following the competition programme up to and including South East Regional Championships



Squad Selection Criteria

Age

| | | |
|---|-----------|--|
| Male: | 12+ Years | (Can be considered from 11 Years) |
| Female: | 11+ Years | (Can be considered from 10 Years & up to 15 Years) |
| Ages are based on year ending of that specific season. | | |
| Example: Sept 2023 – Aug 2024 Season, ages would be based of 31 st December 2024 | | |

Performance

Accepted Criteria for Entry

Compete in a Hampshire County Final at the County Championships (Excluding 50m Events)

Achieve a South East Regional Qualifying Time (Excluding 50m Events)

Consideration Criteria for Entry

Achieve a Hampshire County Championship Automatic time in two events (Excluding 50m Events)

Up to date & licensed times in all 200m/100m/50m events including the 200m IM

Attitude & Commitment

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

Pool Training Criteria

- Regularly attend at least one morning session with the squad at the discretion of the lead coach
- Be able to perform a set of 10x100m Freestyle of 1:40 Short Course
- 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 at least one land training session per week
- Wear club kit to all land training sessions
- Arrive at least 15 minutes before swim sessions for pre-pool
- Stay for at least 10 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 without prior approval from the head coach
- Taking prolonged breaks from training without approval by the lead coach

Pathways within the Club

| | |
|--|---------------------------|
| Not meeting squad selection criteria | Move to Youth Competitive |
| Exceeding performance criteria | Move to Youth Performance |
| 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.