



## Squad Overview County Fast Track

### Squad Aims & Objectives

1. Enjoy all aspects of being a competitive swimmer.
2. Consistently show good commitment to the programme laid out by the lead coach.
3. Aim to reach the highest performance level based on individual ability & commitment level.
4. Look to progress to achieving a Hampshire County Championships Base Time.
5. Continue along their path of the OADF (Optimum Athlete Development Framework)
6. Continue to work towards completing the Club Awards (Specifically Emerald Club Award)

### 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 alongside their race skills. Swimmers will continue to learn the fundamentals of competitive swimming.

### Competition Programme

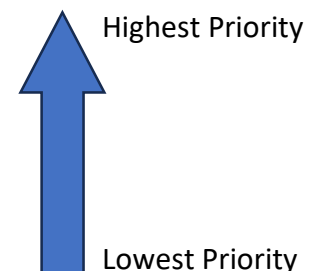
200m Individual Medley

200m Freestyle

200m Butterfly / Backstroke / Breaststroke at discretion of lead coach

100m Events in all strokes including 100m Individual Medley

50m Events in all strokes



Rushmoor Royals Home Galas

External galas following the competition programme up to and including Hampshire County Championships.



## Squad Selection Criteria

### *Age*

Male:	11+ Years
Female:	11+ Years
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*

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

Achieve a Hampshire County Championship Automatic time in two or more events

(Excluding 50m Events)

#### *Attitude & Commitment*

- A positive mind set and “can do” attitude
- Always adhere to the club values and be a team player
- 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
- Regular attendance to Rushmoor Royal Home Galas

#### *Pool Training Criteria*

- Consistently attending at least 70% of the agreed sessions as set out by the lead coach

#### *Land Training Criteria*

- Arrive at least 5 minutes before swim sessions for pre-pool
- Stay for at least 5 minutes after swim sessions for post-pool recovery

## Criteria for Squad Exit

- Lack of attendance at relevant competition requirements (Rushmoor Royal Home Galas)
- Attending competitions outside of the squad competition calendar without prior approval from the head coach
- Consistently not meeting the minimum required sessions for the squad
- Consistently unable to follow the training and/or competition program for the squad
- Training at other clubs or seeking additional coaching/technical advice outside the Head Coaches knowledge



## Pathways within the Club

Not meeting squad selection criteria	Move to County Development
Exceeding performance criteria	Move to Regional 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.