



Affiliated to The A.S.A (West Midland Region) and Warwickshire A.S.A & R.L.S.S

04 July 2010

## **New Squad Structure 1<sup>st</sup> September 2010**

From the 1<sup>st</sup> September 2010 we are launching a new modified Squad structure and at the same time Squad criteria has been amended to meet the increased numbers and rising standards coming through the club from Junior Performance and into the Senior Squads which will shortly be full.

From the 1<sup>st</sup> September **Club Swim** will be incorporated into a new squad called **Senior Development Squad**. The current **Senior Squad** will become the **Senior Competitive Squad** and the current **Performance Squad** will become **Senior Performance Squad**.

The new squads and their updated criteria are shown below, we will shortly be writing to all swimmers in these squads advising them of their current performance when measured against the current and new criteria, which from September we will start to enforce.

### **Junior Performance Squad**

- Swimmers **MUST** commit to attending a minimum **AVERAGE** of 4.5 hours of completed Junior Performance sessions each week to ensure progression. Up from 3 hours.
- The aim of this squad will be to prepare the swimmers for the training demands of the Senior squad by developing their aerobic capacity and training ability. Lane discipline must be learned and observed.
- Movement to and from other squads will be based on age, competition performance, training ability, attitude and parental commitment.
- Must compete at Warwickshire County Championships and must aim to qualify for and compete at the Coventry and Districts Primary Championships and must be available for all club and league galas.
- Should enter specific Open Meets as nominated by the Head Coach.
- Places in this squad are limited, exceptions may be made at the discretion of the Head Coach.

### **Senior Development Squad** (incorporating Club Swim Squad)

The criteria for this Squad will be minimal but everyone will now be expected to train to a good standard, up to now swimmers were free to do as little or as much as they wanted during the session.

- No minimum sessions per week but if the squad becomes full those not swimming regularly may lose their place.
- Swimmers must be aged 17 and under.
- The Squad will receive structured coaching. Sets comparable to the other Senior Squads will be provided and training will be structured in the same way.
- Standing at the end of lanes, impeding other swimmers and poor lane discipline will not be permitted and we expect all swimmers to follow the sets to the best of their ability.
- Progression to the Senior Competitive Squad by any swimmer is available if their commitment and training reaches the required level, numbers permitting.
- Swimmers will still be selected for galas and we would hope to see them competing regularly and they will be encouraged to do so.
- Places in this squad are limited. If the squad becomes full priority will be given to those swimmers that want to compete.

## Senior Competitive Squad (incorporating Senior Squad)

- *To attend a minimum AVERAGE of 6 hours of completed sessions per week. Up from 4.5 hours but can still be met by 3 sessions a week (2 hour sessions).*
- *Should be on time for each session.*
- *Should complete every session attended unless otherwise directed. Failure to complete sessions due to late arrival or early departure or not completing sets properly will result in the session not being counted towards weekly minimum.*
- *Should be able to maintain a sufficient training speed in order to keep up with the squad. Must compete at Warwickshire County Championships and must aim to qualify for and compete at the Coventry and Districts Primary Championships and must be available for all club and league galas.*
- *Should enter specific Open Meets as nominated by the Head Coach.*
- *Places in this squad are limited, exceptions may be made at the discretion of the Head Coach.*

## Senior Performance Squad (incorporating Performance Squad)

Places in this squad are at the discretion of the Head Coach and are limited and based on the swimmers ability to train a minimum of 5 sessions per week.

- *Should be attempting to train in the morning sessions.*
- *Swim a minimum AVERAGE of 5 completed sessions per week.*
- *Swimmers will be selected for this squad based on age, competition performance, attendance, training ability, attitude and parental commitment.*
- *Should be able to maintain a sufficient training speed in order to keep up with the squad (determined on the results of test sets performed in training).*
- *Should have a positive attitude to each session.*
- *Should be on poolside a minimum of 5 minutes prior to the start of each session to perform effective flexibility & stretching routines.*
- *Should complete every session attended unless directed otherwise.*
- *Must compete at Warwickshire County Championships and must aim to qualify for and compete at the Coventry and Districts Primary Championships and must be available for all club and league galas.*
- *Should enter specific Open Meets as nominated by the Head Coach.*
- *Should aim to achieve Midland District qualifying times.*
- *Must be available for all club and league galas.*
- *Places in this squad are limited, exceptions may be made at the discretion of the Head Coach.*

The normal progression route for swimmers up through the club can be seen in the flow chart opposite.

Mike Cole  
Head Coach

