



## ACADEMY SQUAD CRITERIA

\*This document must be read in conjunction with the Club Ethos & Expectations

### 1. SWIMMING COMPETENCE

- Swimmers can complete up to 2 hours swimming session
- Swimmers are accustomed to racing 200m in at least 3 different strokes
- Swimmers must have an efficient and technically competent 200IM

### 2. AGE

9 – 13

### 3. COMMITMENT

The minimum weekly commitment is 3 x pool sessions and 1 x stretching session per week.

\*Any exceptions to the criteria need to be discussed and agreed with the coaches and will be at their discretion.

## ABOUT THIS SQUAD

The coaching philosophy behind the training programme for the Academy Squad is based around Stage 2 of the ASA's Long Term Athlete Development Plan. The LTADP is concerned with applying the appropriate training, competition and recovery levels throughout a young swimmer's career, particularly during these very important years as young athletes grow and develop mentally and physically.

The focus of this squad is to work on developing an excellent technique in all four strokes as well as starts and turns.

Progression to the Performance Squad system will be determined by training commitment, work ethic and competitive performance. All promotion decisions are transparent and are made in consultation with parents and swimmer.

A different pathway is set for swimmers whose current ambition or schedule outside of swimming does not currently meet the criteria of performance squads. This pathway leads to the Competitive Development Squad.

#### Lead Coach:

**Swimmers:** Boys & Girls – 9 to 13 years

**Training:** Pool sessions – 7.5 hours (5 sessions) per week plus 1 x 30 min stretching session.

**Competitions:** Club, County Championships, Inter Club Swim Leagues, and selected Level 3 & 4 licensend Open Meets

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

