



COMPETITIVE DEVELOPMENT 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

12 – 17

3. COMMITMENT

- While there is no strict number of required sessions, each swimmer will be advised by the coach as to the level of commitment required to attain their specific goals.
- To compete at Club Championship. This squad is seen by the coaches as forming the spine of SPBSC teams that compete in locally organised interclub galas and leagues, and as such are encouraged to represent SPBSC at these events.

ABOUT THIS SQUAD

This squad is for those swimmers from the Academy, County and Regional squads, for whom, in terms of commitment, swimming has become lower on their list of priorities. The reasons for this may differ widely and could include those swimmers who are returning from injury, those who require a reduced schedule to focus more fully on their forthcoming exams or those who are involved in other extracurricular activities and wish to maintain their fitness and technique through a structured coaching programme so as to enable them to join one of the Performance squads once the circumstances allow them or join a University swim team when they are older. They still enjoy swimming and competing and they will be encouraged to do so. With enough commitment and ambition they will be able to join Performance Squads, if they meet the criteria, at a later stage. The distance of sessions that this squad will be worked through shall be to a County squad swimming level, with scope in each session to allow the coach to adapt the session to all levels of swimmer within the squad; from a technically weaker or rehabilitating swimmer, right through to those that seek to improve their level to that of a performance swimmer.

Lead Coach: Milton Sills

Training: Pool sessions – 7.5 hours (5 sessions)

Competitions: Club & County Championships, Inter-Club swim competitions. Licensed Open Meets as discussed with the coach.

