



## COUNTY SQUAD CRITERIA

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

### 1. SWIMMING COMPETENCE

To join this squad swimmers must achieve or be within five percent of the current 200m Surrey County Qualifying Time for any stroke, including Individual Medley. Swimmers must be proficient in all strokes, particularly Individual Medley, and be able to cope with the training load and intensity of the training sessions. A transition to County Squad from the Academy squads will be done following discussion between parents and coaches.

### 2. AGE

9 – 14

### 3. COMMITMENT

The minimum weekly commitment is 4 x pool sessions and 1 x land training 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

While achievement of a 200m County Qualifying time is the main criteria for joining this squad, swimmers are also expected to be technically competent in all four strokes. In training, there will be an emphasis on aerobic conditioning and refining skills and technique in all strokes. In competition, swimmers are expected to compete for SPBSC at various licensed open meets where they will aim to achieve Surrey County qualifying times and hopefully fight for medals or places in the finals of the county championships without specialising on one stroke or distance. The County Squad swimmers will be encouraged to compete in a range of events and distances to score maximum points according to British Age Group Categories (BAGCAT) point scoring system at Surrey County Championships. This system requires a mixture of events in medley, distance freestyle, form strokes and sprints. A truly versatile approach will be adopted in training to create good all round swimmers. County Squad swimmers should have the work ethic and aspirations to achieve London Region qualifying times and progress to the Regional Squad in the future. Progression through 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.

**Lead Coach:** Damien Bryan

**Training:** Pool sessions – 9 hours (5 sessions) per week plus 1 x 1 hour land training session.

**Competitions:** Club, County & Regional Championships, Arena National League, Licensed Open Meets & selected Inter Club Swim Leagues

