



# Competitive Squads Criteria

from September 2021

## Senior Competitive - Lead Coach: Graeme

Swimmers ideally targeting County Championships and attending meets from the seasons calendar including Club Championships. An ideal squad for Multi-Sport Athletes where training schedules prohibit commitment.

### BASE CRITERIA:

- Commitment to the training program
- Commitment to invited Team Events (Arena League/Relays/Club Champs.)
- Attendance: All pool sessions recommended
- Training abilities matching existing squad swimmers
- Positive attitude and mindset

**SQUAD AIM:** To give late developing swimmers the opportunity to progress into our Senior Race Program. An alternative training program for Swimmers and Multi-Sport Athletes with a full diary. To retain competitive Swimmers in swimming.

**AGE GUIDE:** 13 - 17

## Junior Competitive - Lead Coaches: Tom/Spencer

A strong competitive squad where Swimmers are targeting their first County Championships or Swimmers that are not quite ready for our Performance and Senior squads. This program is also ideal for those Junior Performance Swimmers unable to fully commit. Attending all selected meets from the seasons calendar including Club Championships.

### BASE CRITERIA:

- Commitment to the training program
- Commitment to invited Team Events (Arena League/Relays/Club Champs.)
- Attendance: All pool sessions and land sessions recommended
- Training abilities matching existing squad swimmers
- Positive attitude and mindset

**SQUAD AIM:** To give late developing swimmers the opportunity to progress into our Junior Performance or Senior Race Programs. An alternative training program for Swimmers and Multi-Sport Athletes with a full diary. To retain competitive Swimmers in swimming.

**AGE GUIDE:** 11 - 14