



# Performance Squads Criteria

## from September 2021

### Senior Performance - Lead Coach: John

Swimmers targeting South East Youth & Age Group Championships. Attending all meets identified for the Performance program.

#### BASE CRITERIA:

- 100% Commitment to the training program
- Commitment to Team Events (Arena League/Relays/Club Championships)
- Attendance: minimum 7 pool and all land sessions
- Positive attitude and mindset

#### WORKING TOWARDS 2022:

- Achieving County Automatic Qualifying Times
- Achieving South East Region Automatic Qualifying Times

**SQUAD AIM:** To offer the best training opportunities for the hard working and committed swimmer. Working towards National Qualifying.

**AGE GUIDE:** Male 14 - 17+, Female 13 - 17+

### Junior Performance - Lead Coach: Spencer

Swimmers from 11yrs targeting County and South East Age Group Championships. Attending all meets identified for the Performance program.

#### BASE CRITERIA:

- 100% Commitment to the training program
- Commitment to Team Events (Arena League/Relays/Club Championships)
- Attendance: All pool and land sessions, and if invited all additional Senior Performance sessions
- Positive attitude and mindset

#### WORKING TOWARDS 2022:

- Achieving County Automatic Qualifying Times
- Achieving South East Region Automatic Qualifying Times

**SQUAD AIM:** To offer the best training opportunities for the hard working and committed swimmer. Working towards our Senior Performance program based on the above criteria.

**AGE GUIDE:** 11 - 14