

GLL – BARNET TRAINING SCHEME

PRELIM SQUAD

County Development Group

Entrance Criteria

1. The swimmer must be training a minimum of three sessions per week before being promoted to this group.
2. Must have achieved at least one of the Prelim entry times before being promoted. (Swimmers with the greatest margin below the qualifying time as a % who are completing the recommended attendance will be invited first).
3. The swimmer must be capable of swimming a 200 IM legally to ASA laws.

The swimmers will be selected for promotion to this group based on age, competition performance, attendance, training ability.

General Info – this group covers the swim skills ages of LTAD

This is a transition group concentrating on the technique of the four strokes to improve co-ordination and aerobic endurance. Swimmers will be prepared for County Age Groups and smaller open meets, interclub galas and club championships which they will be expected to compete in.

Recommended attendance percentages are below- swimmers may complete more if they wish

9 years & under	75%	average of 4.5 sessions per week/4.5 hrs per week
10 years & 11 years	85%	average of 5.1 sessions per week/5.1 hrs per week
Minimum sessions required for all:	70%	average of 4.2 sessions per week/4.2 hrs per week

You can check attendance percentages through the On Deck App.

Maximum Ages

Females may stay in the group until 1 April of the year they turn 11 yrs.

Males may stay in the group until 1 September of the year they turn 11 yrs.

Promotion to Junior Age Group – see JAG Entry Criteria

All promotions are done where possible on times from licensed competitions, if no Licensed times are available then time trial results may be used. All licensed times are on the British Swimming website/Rankings/Event rankings last 12 months. Events looked at for promotion will include 400 free, 200 IM, and 50s of the 4 strokes. A willingness to compete in the 200s of the 4 strokes will also be looked at.

All ages are based on what age you will be on 31 Dec that year.

It is a choice to be part of this group whilst understanding and accepting the criteria above. We have other groups available if you do not wish to make the above criteria.

Coach to Swimmer ratio 1:36

AUG 25