

GLL – BARNET TRAINING SCHEME

JUNIOR AGE GROUP SQUAD

County/Regional Development Group

Entrance Criteria

1. Must be making the recommended attendance criteria for the swimmers age in Prelim group before being promoted to this group. This ensures that the swimmer is properly prepared for the increased workload and intensities in Junior Age Group Squad.
2. Must have achieved at least one of the JAG 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. Be Physically mature enough to complete the Junior Age Group Programme.
4. There are a limited number of places in the group due to lane space (usually 24-28), Achieving the above criteria does not guarantee you a space. Entry criteria is assessed against the current standards at the time spaces become available.

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

This group aims to create swimmers which can perform all strokes, distances and events hence all swimmers will be trained technically and aerobically for the 400 Individual Medley event and will be expected to compete in this event at every opportunity.

Recommended attendance percentages are below. - Swimmers may complete more sessions if they wish.

Girls and Boys 9 & 10 years	80%	average of 4.8 sessions per week/7.2 hours/week.
Girls 11 years	90%	average of 5.4 sessions per week/8.1 hours/week.
Boys 11 years	80%	average of 4.8 sessions per week/7.2 hours/week.
Boys 12 Years	90%	average of 5.4 sessions per week/8.1 hours/week.
<u>Minimum Sessions required for all</u>	75%	average of 4.5 sessions per week/6.75 hours/week.

You can check attendance percentages through the On Deck App.

Maximum Ages -

Females may stay in the group until 31 December of the year they turn 11 yrs.

Males may stay in this group until 1 April of the year they turn 12 yrs.

Promotion to Age Group - See Age Group Entrance 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.

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

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