

GLL – BARNET TRAINING SCHEME

AGE GROUP SQUAD

Regional Development Group

Entry criteria

1. Must have completed the recommended amount of sessions in JAG (90% attendance out of 6 sessions available). This ensures that the swimmer is properly prepared for the increased workload and intensities in Age Group Squad.
2. At least one qualifying time from the Age Group Entry Times (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 and technically proficient enough to complete the Age Group Programme. In the event of earlier movement, session content and hours of training would be adjusted to suit the needs of the swimmer in line with LTAD. All swimmers should be able to train off Age Group swim/rest times on Freestyle, Butterfly and main stroke prior to moving to Age Group.
4. There are a limited number of places in the group due to lane space (usually 20-24), 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 is a transitional group covering swim skills and training to train ages of LTAD.

The aims of this squad are to produce swimmers with the technical ability and the aerobic background to advance to Senior National/International level competitive swimming. The year will be divided into training cycles based around County, Regional and Summer National Competitions.

This group is based on Regional to National level performance and therefore requires a high level of commitment. Swimmers are expected to reach the performance standards set twice yearly in order to remain in the group. The performance standards for the group are progressive as the swimmers get older. In the event of a number of swimmers failing to make the required performance standards for this group, the older swimmers will be moved to a more suitable group first.

Recommended Attendance – swimmers may complete more sessions if they wish.

Girls	11 years - 13 years	90%	average of 7.2 sessions/week/10.8 hrs/week
Boys	12 – 14 Years	90%	average of 7.2 sessions/week/10.8 hrs/week
Boys	11 years	75%	average of 6 sessions/week/9 hrs/week

Minimum Attendance: for all swimmers in this group is 75%.

Maximum Ages

Females may stay in the group until 28 February of the year they turn 13 years of age provided they make the ongoing performance standards.

Males may stay in the group until 28 February of the year they turn 14 years of age provided they make the ongoing performance standards.

Performance Standards

Twice yearly (Feb/July) performance standards must be met in order to remain in the group. (See Age Performance 2024/2025 Table)

Promotion to Seniors– Please see Senior Entrance Criteria

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 1:32

AUG 25