

GLL - BARNET TRAINING SCHEME

SENIOR SQUAD

National Development/International Group

Entry Criteria

1. Must have completed the recommended amount of sessions in Age Group (90% attendance out of 8 sessions available). This ensures that the swimmer is properly physical and mentally prepared for the increased workload and intensities in Senior Group.
2. Must have achieved the Current performance standards or have qualified for British or English Summer Championships (Pool Swimming). (Swimmers with the greatest margin below the qualifying time as a % who are completing the recommended attendance will be invited first).
3. Be physically and psychologically mature enough to complete a Senior Programme. Females will not usually move prior to August in the year that they turn 12 years. Males will not usually move prior to April of the year they turn 13. Swimmers that are distance based and have achieved the distance times may be moved earlier if they have achieved the above criteria, there is space in the group and it is thought that they are adequately prepared physically to cope with the increase in workload. All swimmers should be able to train off Senior swim/rest times on Freestyle, Butterfly and main stroke prior to moving to Seniors. 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.
4. There are a limited number of places in the group due to lane space (usually a maximum of 20), 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 Training to Train and Training to Compete ages of LTAD

The aims of this squad are to coach swimmers to National and International level competitions. The training year will be based around these competitions. This will require a high level of commitment by the swimmer to the programme set by the Chief Coach. The group will be divided into smaller training groups in order to cater for the individual needs and ages of the swimmer. Swimmers that have been selected to swim internationally at senior level for a country other than Great Britain at a major Championship event may be given a place in the group if they are capable of keeping up with the training standards. In the event of a number of swimmers failing to make the performance standards for this group, the older swimmers will be removed from the group first giving the younger swimmers more time to achieve the standard.

Attendance This group is the highest standard group in the programme and therefore requires a high standard of attendance. Swimmers should attend 100% of the training sessions where possible. Swimmers failing to achieve a **minimum attendance of 85%** may be moved to another group in order to allow spaces to become available for swimmers that will take full advantage of the opportunity to train in Senior Group.

Performance Criteria (Pool)

Performance standards must be met in order to remain in the group. Swimmers are expected to achieve qualification for the English Summer Championships (Pool) in July/August each year as a minimum standard. Failure to do so may result in the swimmer being moved to a more appropriate group if space is required for other swimmers.

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 1:24

AUG 25