

GLL – BARNET TRAINING SCHEME

SENIOR CLUB SQUAD – Entry to these groups is only from within the GLL Programme

Choice Competitive Groups

Senior Club B

Entry Criteria

Moves from Junior Age Group, Age Group or Junior Club A

General Info

This group caters for swimmers who wish to be involved in a structured training programme for fitness, recreational or competition and are unable to make the age, attendance commitment or competition standard required for one of the other groups in the Training Scheme. Swimmers that are completing GCSE PE, A Level PE and Duke of Edinburgh Awards and also disability swimmers may also find this group suitable for their needs. Competition is voluntary in this group and swimmers are not required to make a minimum attendance criteria although it will be in their best interests to keep up a regular attendance in order to continue to improve. Swimmers will be taught stroke mechanics, starts, turns and finishes and will be required to complete sprint and endurance sets with a particular emphasis on the endurance work for fitness to keep the type of work the swimmers are completing in line as much as possible with the Swim England Long Term Athlete Development Plan. There are three sessions per week available in Senior Club.

Promotion between the Club Squad groups is based solely on training performance. The swimmers leading the top lane in the group will be eligible to move to the next group first.

Senior Club A

Entry Criteria

Moves from Age Group, Senior Squad or Senior Club B

General Info

As Senior Club B

Coach to Swimmer ratio: 1:40

AUG 25