



National Youth Group 2025-26 Criteria

Squad Standards

Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.

Swimmers are expected to maintain their individual monthly attendance of 92%.

Swimmers are expected to follow the OADF model with a focus on:

The Person – Enjoys the journey, resilient and robust, driven, good learner, independent, takes ownership of training, possess a growth mindset, fulfilled and aspirational.

The Athlete – Coachable, technically excellent, physically suitable, and winning habits.

The Performer – Perform when it matters at major meets, execute race plans, loves racing, arena skills, psychologically prepared, physically primed and race craft.

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites. The achievement of the criteria does not mean the swimmer has achieved automatic selection for a squad move.

Lead Coach

Jamie Evans (Lv3)

Selections

Top 50 in age (single age band) with a view for the top 40 Nationally (Long Course – Olympic Events). National Qualification is a minimum standard.

Ages

14 years Female, 15 years + Open/Male (Swim Age Long Course Window)

Squad Focus

Junior International Selection

British Trials Qualifier

British Nationals Qualifier

English Summer Meet Qualifier/Finalist

Set Expectations 2024-25 (desirable)

24x200 (HR @50BBM)

Fc @2.40

20x200 (HR @50BBM)

IM/Bk @2.50



18x100 kick No1
@1.45 or better

20x100 (HR @20BBM)
Fc or No1 @1.45-2.00

Weekly total – 48,000m to 68,000m (Based on 8-9 sessions)

Kick total – 7,200m to 10,000m.

Intensity Split (average) – 45% 40BBM and Lower, 25% 30BBM, 10% 20BBM, 5% Race Pace + speed, 15% Kick.

Weekly Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:15-07:00 (BLC)	05:15-07:00 (BLC)		05:15-07:00 (BLC)		05:15-07:15 (BLC)
Land						07:30-08:10 (BLC)
PM	18:00-20:00 (BLC)	17:00-19:00 (BLC)	18:00-20:00 (BLC)	17:00-19:00 (BLC)	17:00-19:00 (BLC)	
Land	17:00-17:45 (BLC)		17:00-17:45 (BLC)			



National Age Group 2025-26 Criteria

Squad Standards

Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.

Swimmers are expected to maintain their individual monthly attendance of 92%.

Swimmers are expected to follow the OADF model with a focus on:

The Person – Enjoys the journey, resilient and robust, driven, good learner, independent, takes ownership of training, possess a growth mindset, fulfilled and aspirational.

The Athlete – Coachable, technically excellent, physically suitable, and winning habits.

The Performer – Perform when it matters at major meets, execute race plans, loves racing, arena skills, psychologically prepared, physically primed and race craft.

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites. The achievement of the criteria does not mean the swimmer has achieved automatic selection for a squad move.

Lead Coach

Harry Pickering (Lv3)

Selections

Top 80 in age (single age band) with a view for top 55 Nationally (Long Course – Olympic Events)

Ages

12-17 years Female, 13-16 years Open/Male (Swim Age Long Course Window)

Squad Focus

British Nationals Qualifier

English Summer Meet Qualifier

Regional Finalist

Set Expectations 2024-25 (desirable)

18x200 (HR @50BBM)

Fc @2.45-2.55

30x100 (HR @50BBM)

IM @1.35-1.45



20x150 (HR @50BBM)

Bk @2.30

15x100 kick No1

@1.55 or better

80x25 ((HR @40-50BBM)

Fly and/or Brs @30

Weekly total – 35,000m to 50,000m (Based on 8 sessions)

Kick total – 5,300m to 7,500m.

Intensity Split (average) – 45% 40BBM and Lower, 25% 30BBM, 10% 20BBM, 5% Race Pace + speed, 15% Kick.

Weekly Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:15-07:00 (BLC)			05:15-07:00 (BLC)	05:15-07:00 (BLC)	05:15-07:15 (BLC)
Land						07:30-08:10 (BLC)
PM	18:00-20:00 (BLC)	17:00-19:00 (BLC)		18:00-20:00 (BLC)	17:00-19:00 (BLC)	
Land	17:00-17:45 (BLC)					



Regional Squad 2025-26 Criteria

Squad Standards

Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.

Swimmers are expected to maintain their individual monthly attendance of 92%.

Swimmers are expected to follow the OADF model with a focus on:

The Person – Enjoys the journey, resilient and robust, driven, good learner, independent, takes ownership of training, possess a growth mindset, fulfilled and aspirational.

The Athlete – Coachable, technically excellent, physically suitable, and winning habits.

The Performer – Perform when it matters at major meets, execute race plans, loves racing, arena skills, psychologically prepared, physically primed and race craft.

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites. The achievement of the criteria does not mean the swimmer has achieved automatic selection for a squad move.

Lead Coach

Wayne Cummings (Lv3)

Selections

Top 40 in age (single age band) with a view for top 25 Regionally (Long Course – Olympic Events)

Ages

12-14 years Female and Open/Male (Swim Age Long Course Window)

Squad Focus

English Summer Meet Qualifier

Regional Qualifier/Finalist

Leicestershire County Championships Finalist

Set Expectations 2024-25 (desirable)

15x200 (HR @50BBM)

Fc @3.10

20x100 (HR @50BBM)

IM @1.50-1.55



12x100 kick Fc, Fly and/or No1
@2 or better

60x25 (HR @40-50BBM)
Fly and/or Brs @30-40

10x200 (HR @50BBM)
Bk @3.30-3.40

Weekly total – 30,000m to 37,000m (Based on 7 sessions)

Kick total – 4,500m to 5,600m.

Intensity Split (average) – 50% 40BBM and Lower, 25% 30BBM, 7% 20BBM, 3% speed, 15% Kick.

Weekly Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		05:15-07:00 (BLC)			05:30-07:00 (NPLC)	05:15-07:15 (BLC)
Land						
PM		19:00-20:30 (BLC)	18:00-20:00 (BLC)	17:30-19:30 (DMU)	17:30-19:00 (NPLC)	
Land		18:15-18:45 (BLC)				



County Squad 2025-26 Criteria

Squad Standards

Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.

Swimmers are expected to maintain their individual monthly attendance of 85-92%.

Swimmers are expected to follow the OADF model with a focus on:

The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, takes ownership of training, possess a growth mindset, Fulfilled and Aspirational.

The Athlete – Coachable, technically excellent, physically suitable, and winning habits.

The Performer – Perform at meets, execute race plans, loves racing, arena skills, psychologically prepared.

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites. The achievement of the criteria does not mean the swimmer has achieved automatic selection for a squad move.

Lead Coach

Wayne Cummings (Lv3)

Selections

Top 50 in age (single age band) with a view for top 35 Regionally (Long Course – Olympic Events)

Ages

11-13 years Female and Open/Male (Swim Age Long Course Window)

Squad Focus

English Summer Meet Qualifier

Regional Qualifier/Finalist

Leicestershire County Championships Qualifier/Finalist

Set Expectations 2024-25 (desirable)

10x200 (HR @50BBM)

Fc @3.20

15x100 (HR @50BBM)

IM @2



20x50 kick Fc and Fly
@1.10 or better

24x25 (HR @40-50BBM)
Fly and/or Brs @40-45

16x100 (HR @50BBM)
Bk @1.50

Weekly total – 18,000m to 24,000m (Based on 5 sessions)

Kick total – 2,700m to 3,600m.

Intensity Split (average) – 55% 40BBM and Lower, 25% 30BBM, 5% speed, 15% Kick.

Weekly Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:30-07:00 (NPLC)				05:15-07:00 (BLC)	07:15-08:45 (BLC)
Land						09:00-09:30 (BLC)
PM		19:00-20:30 (BLC)			19:00-20:30 (BLC)	



Link Squad 2025-26 Criteria

Squad Standards

Swimmers are expected to arrive a minimum of 15 minutes before the start of the session to go through their pre pool and listen to the session briefing.

Swimmers are expected to maintain their individual monthly attendance of 85-92%.

Swimmers are expected to follow the OADF model with a focus on:

The Person – Enjoys the journey, Resilient and robust, Driven, Good Learner, Independent, takes ownership of training, possess a growth mindset, Fulfilled and Aspirational.

The Athlete – Coachable, technically excellent, physically suitable, and winning habits.

The Performer – Perform at meets, execute race plans, loves racing, arena skills, psychologically prepared.

Note

All squad moves and invites are at the discretion of the Squad Coaches, the Head Coach has the final say over all moves and invites. The achievement of the criteria does not mean the swimmer has achieved automatic selection for a squad move.

Lead Coach

Wayne Cummings (Lv3)

Selections

Top 15 in age (single age band) with a view for top 8 Leicestershire (Short/Long Course – Olympic Events)

Talent iD from: LASA Championships, Local Open Meets, coach recommendations and trial sessions.

Ages

10-12 years Female and Open/Male (Swim Age Long Course Window)

Squad Focus

Regional Qualifier

Leicestershire County Championships Qualifier/Finalist

Set Expectations 2024-25 (desirable)

15x100 (HR @50BBM)

Fc @1.55-2

10x100 (HR @50BBM)



IM @2.10

16x50 kick Fc and Fly
@1.15 or better

Weekly total – 9,000m to 12,000m (Based on 3 sessions)

Kick total – 1,400m to 1,800m.

Intensity Split (average) – 65% 40BBM and Lower, 15% 30BBM, 5% speed, 15% Kick.

Weekly Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						07:15-08:45 (BLC)
Land						09:00-09:30 (BLC)
PM	19:00-20:30 (DMU)		19:00-20:30 (DMU)			