



Age Group Academy

<u>Squad Aim</u>	Swimmers in Age Group Academy are building strong technical foundations and developing an enjoyment of training and racing.
<u>Squad Lead</u>	Kirsty Green
<u>Age Range</u>	Typically 10 – 13 years of age
<u>Training Expectation</u>	Build basic endurance while maintaining form. Continue to develop skill and aerobic capacity whilst implementing feedback given by coaches.
<u>Available sessions</u>	3 hours pool time
<u>Attendance Expectation</u>	Minimum 2-3 sessions per week expected.
<u>Competition Expectation</u>	Swimmers should aim to update their times every season, but without competitive pressure. Swimmers should be entering Club Championships and meets identified for this squad.
<u>Movement Criteria</u>	Squad allocations are monitored throughout the year which means that swimmers will have the opportunity to move into the squads which require a greater time commitment or more competitive qualifying times. This is, of course, dependent on the swimmer demonstrating the desire, time availability and skill set required.

All squad movements/changes will be at the discretion of the Head of Development.

Training Kit - available <https://www.mailsports.co.uk/c/clubs/hillingdon-swimming-club>

Short Training Fins	Junior Snorkel	Alignment Board	Mesh Equipment Bag
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Any additional training kit required will be advised by the Lead Squad Coach / Head of Development.