



Age Group Competitive 1

Aims and objectives: For swimmers targeting Regional qualification with the potential of competing at a Home Nation Summer Meet. Swimmers should push themselves towards Home Nation Meets as they progress.

Squad Lead: David Cummings

Age Guideline:

Females 12+, Males 13+

Accepted entry into squad:

- A champion mindset and approach to all aspects of swimming.
- A team player; supportive, polite and encouraging.
- A positive attitude with the ability to take ownership of training and competition performances.
- Proven ability to commit to the demands of the training programme.
- Regularly attend over the minimum 6 of 8 pool sessions along with both land sessions each week. To be agreed by lead coach.
- 100% commitment to team events (national league/county, regional & national relays).
- Multi event county qualifier to include 200/400 Freestyle and IM.
- Attend specified competitions and club championships.
- Wear the Hillingdon club kit with pride.

Squad retention:

- Enjoy the journey and the process.
- Engage with the coaching team in goal setting and personal targets.
- Be willing to ask questions, listen and take on board technical advice.
- Active participation in pre and post pool workouts and land training.
- Professional, driven and coachable.
- Resilient and robust.
- Growth mindset.
- Respectful

Exit from squad:

- Unable to attain the relevant performance standard.
- Consistently late to sessions without agreement.
- Consistently unable to maintain squad training commitment.
- Consistently unable to maintain squad competition commitment as per fixtures list.
- Training at other clubs or seeking additional coaching/technical sessions outside of the lead coaches planning.

Pathways:

- Exceeding squad criteria, a move to Youth Performance.
- Swimmers not meeting a squad criterion will be invited to a review meeting with their coach and parent and an improvement plan will be agreed that includes details of the targets, support to be provided and a review date. Any move from the squad will only take place with 1 months' notice unless mutually agreed.

All final decisions will be made by the HoP following discussions with swimmers and parents.