



## Age Group Competitive 2

**Aims and objectives:** For swimmers targeting Regional and County qualification with the potential of making a Regional final as they progress.

Squad Lead: Ross McGarvie

Age Guideline:

Females 10+, Males 11+

Accepted entry into squad:

- A team player; supportive, polite and encouraging.
- A positive mindset with the ability to take feedback during training to maximise performances.
- Proven ability to commit to the demands of the training programme.
- Regularly attend over the minimum 5 of 7 pool sessions, including the weekday morning\* and 100% commitment to land sessions. To be agreed by lead coach.
- 100% commitment to team events (national arena league/national junior arena league teams).
- County qualifier to include 200/400 Freestyle and IM.
- Open minded to all events on the schedule.
- Attend specified competitions and club championships.
- Wear the Hillingdon club kit with pride.

*\*Only for swimmers at secondary school during term time.*

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 Age Group Competitive 1.
- 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.*