



Junior Pathway

<u>Squad Aim</u>	Swimmers in Junior Pathway squad are aiming for County Consideration times and progression to Age Group Competitive 2 or to County Development squads.
<u>Squad Lead</u>	Tom Sullivan
<u>Age Range</u>	Typically, 9 – 11 years of age
<u>Training Expectation</u>	Swimmers should be able to perform consistently well in training. Swimmers should be able to keep up with the aerobic demands of the squad and should be able to consistently maintain pace with the slowest lane in the squad above before being considered for promotion. Failure to consistently meet the squad's expectations, including training standards, attendance, and performance, may result in a swimmer's place in the squad being reviewed.
<u>Available sessions</u>	6.5 hours pool time, plus additional land training
<u>Attendance Expectation</u>	Minimum 4 out of 5 pool sessions per week expected, aiming towards 6, including the land training session.
<u>Competition Expectation</u>	Swimmers should be looking to challenge themselves through racing different events and distances. Attend all identified meets suitable for the squad. Enter club championships, and participate in team galas and junior leagues when selected.
<u>Movement Criteria</u>	Demonstrate ability to complete sets with good technique at training speed. Show commitment to attendance, e.g. 75%+ attendance. Display positive attitude and coachability. Participate in racing as required. Ready for Age Group Competitive or County Development squad volume and focus.
<u>Exit from Squad</u>	Consistently unable to maintain level of performance within racing and/ or training. Consistently late to sessions/ competitions without agreement.

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	Small Finger Paddle	Junior Pull Buoy	Alignment Board
---------------------	----------------	---------------------	------------------	-----------------

Any additional training kit required will be advised by the Lead Squad Coach / Head of Development.