



Junior Potential

<u>Squad Aim</u>	Swimmers in Junior Potential squad are aiming for County Consideration times and are preparing for movement into the Junior Pathway squad. They are developing consistent legal race skills, showing commitment to regular training and competition with the introduction of structured goals.
<u>Squad Lead</u>	Adrian Wright
<u>Age Range</u>	Typically, 8 – 10 years of age
<u>Training Expectation</u>	<p>Consolidate technique on all 4 strokes with race-legal execution.</p> <p>Develop underwater work (streamlining, breakouts).</p> <p>Practice effective starts, turns, and finishes.</p> <p>Introduction to pacing, basic sets, and training etiquette.</p> <p>Build aerobic base appropriate for age.</p> <p>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.</p>
<u>Available sessions</u>	4 hours pool time.
<u>Attendance Expectation</u>	Minimum 3 sessions per week expected, aiming towards 4.
<u>Competition Expectation</u>	<p>Participation expected at internal galas, local open meets, and league fixtures.</p> <p>Swimmers should aim to complete all 4 strokes and varying in distances in competition across the season.</p> <p>Attend all identified meets suitable for squad.</p> <p>Enter club champs, and participation in team galas and junior leagues when selected.</p>
<u>Movement Criteria</u>	<p>Demonstrate ability to complete sets with good technique at training speed.</p> <p>Show commitment to attendance (e.g. 75%+ attendance).</p> <p>Display positive attitude and coachability.</p> <p>Participate in racing as required.</p> <p>Ready for pathway squad volume and focus.</p>
<u>Exit from Squad</u>	<p>Consistently unable to maintain level of performance within racing and/ or training.</p> <p>Consistently late to sessions/ competitions without agreement.</p>

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	Junior Pull Buoy	Alignment Board
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Any additional training kit required will be advised by the Lead Squad Coach / Head of Development.