



Regional Development

<u>Squad Aim</u>	Swimmers should be strong County Qualifiers and should be aiming towards county finals/medals and automatic Regional Qualification.
<u>Squad Lead</u>	Tom Sullivan
<u>Age Range</u>	Typically, 14+ years of age
<u>Training Expectation</u>	Building on previous training systems and increasing volume through freestyle and individual medley aerobic sets. Swimmers should be able to perform consistently well in training. Swimmers should be able to keep up with the aerobic demands of the squad. 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>	12 hours pool time
<u>Attendance Expectation</u>	Minimum 5 sessions per week expected, including at least one LCM morning session.
<u>Competition Expectation</u>	Swimmers should be looking to challenge themselves through racing different events and distances. Attend all identified meets suitable for squad and Club Championships. Enter club champs, and participation in team galas and 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 - At the Head of Development's discretion.
<u>Exit from Squad</u>	Consistently unable to maintain level of performance within racing and/ or training. Consistently late to sessions/ competitions without agreement.

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 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	Snorkel	Small Finger Paddle	Pull Buoy	Alignment Board	Thera Band & Foam Roller
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Any additional training kit required will be advised by the Lead Squad Coach / Head of Development.