



## Youth Performance

**Aims and objectives:** For swimmers aiming to compete at Aquatics GB Swimming Championships (trials), Aquatics GB Next Gen Championships and Home Nations Summer meets.

Squad Lead: Matt Paget

Age Guideline:

Females 14+, Males 15+

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.
- Regional finalist and above (or showing the potential to do so, at the sole discretion of the HoP).
- Proven ability to commit to the demands of the training programme.
- Regularly attend over the minimum 7 of 9 pool sessions along with both gym/land sessions each week. To be agreed with the HoP.
- 100% commitment to team events (national league/county, regional & national relays).
- 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 gym/land training (as appropriate).
- 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:

- A move into either Regional Development or 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.*