

Welcome to County Development Squad

Please find below key squad information and a summary of what swimmers in Platinum Squad are working towards.

Lead Coach: Jake Forrest

Introduction. This Squad is aimed at swimmers aged between 14 and 18 who have graduated from the GRSC academy pathway, who have not met the criteria to progress, or are unable to meet the attendance commitment, for the performance squads, but intend to continue to train and compete aiming at County and regional qualification in line with the current seasonal plan.

Training Sessions: There is no minimum number of sessions, however, if swimmers are competing and are aiming to make the performance squads we recommend they attend as many sessions as they can.

Recommended 7 hours a week

Monday PM	Tuesday PM	Wednesday PM	Thursday AM/PM	Friday PM	Saturday PM	Sunday PM
			Greenwich Centre	Greenwich Centre		Greenwich Centre Land Training
			06:00-07:00	06:00-07:00		15:00-16:00
Thamesmead		Eric Liddell	Eltham Centre	Greenwich Centre	Eltham Centre	Greenwich Centre
19:30-21:00		20:00-21:00	*20:15 - 21:30	20:00-21:30	17:00-18:00	14:00-15:00
*15 minutes pre pool at beginning of session						

Training Accessories

Mesh Kit Bag	Standard Kickboard	Drag Shorts
Plastic Cup	Foam Pull Buoy	Finger & Hand Paddles
Swim Hat, Goggles & Water Bottle	Short Blade Training Fins	Centre Mounted training Snorkel

Promotion Criteria: Promotion to one **the Performance Squads** will be at the Lead coaches recommendation and discussed with the gaining coaches, swimmers will need to achieve the following, and any exceptions will be at the discretion of the coaching team/Head Coach. Alternatively, swimmers may move to masters compete once they reach 18 years old

Aims and Objectives for swimmers in County Development Squad Swimmers are aiming to achieve Kent county and London Regional Times and compete in open competitions and league competitions as directed by the lead coach.

Swimmer Expectations

- Swimmers are expected to arrive on time to complete a 5 minutes pre swim RMAP warm up, on poolside where this is possible with the pool operator
- Shower before entering the pool
- Have all their kit ready for use at the start of each session
- Encourage each other as part of the squad
- Pay attention to coaching feedback and briefings
- Show an interest in their training and keep a record of their PBS and Monitoring sets
- Swimmers to spend 5 minutes at the end of the session stretching
- Abide by the Greenwich Royals Code of Conduct
- Never have mobile phones out in any changing room.

Award	Event	Time	Requirements all at competitions
Consideration	To be considered for this squad, swimmers must demonstrate the following personal and athletic attributes.		

	<ul style="list-style-type: none"> ● Have achieved the Swim England stage 6 Club Award. ● Have good attitude to training and supporting other swimmers ● Demonstrate compliance with the expectations for the squad. ● Good skills and stroke technique in all four competitive strokes ● Be able to demonstrate the mature ability expected in the relevant squad <p>NB: If swimmers meet the conditions to move to the performance squads and show commitment, they will be invited to trial or bridge for a month and a decision made by the lead coaches on any continuation.</p>
Attendance	<ul style="list-style-type: none"> ● There are no minimum sessions required, however swimmers aiming to compete and or move to one of the performance squads should attend enough sessions to improve. ● Inform the coach if they are not able to attend training or are away for a period of time, also make the coach aware of any issues that may affect their ability to train, i.e. injuries, health. <p>*If swimmers consistently arrive late for training then they may be turned away at the coaches discretion following communication with their parents.</p>
Attitude	<ul style="list-style-type: none"> ● Show an interest in their own development and performance. ● Learn about their training zones and setting process and objective goals with their coach ● Demonstrate a Growth Mindset approach to training and development. ● Understand how health and well being can avoid becoming ill ● Hydration and nutrition so they can always perform to the best of their ability. ● Learn to plan for Competitions by understanding what they are competing in, and what the objective is ● Start to show resilience and always focus on ways to improve. ● Learn about developing a team driven mindset and act as role models to the other squads ● Demonstrate good sportsmanship towards teammates and other swimmers ● Have a growth mindset with regards to improving as a person, athlete and competitor.
Ability	<ul style="list-style-type: none"> ● Aiming to achieve Kent County or London Regional Standard or have limited times, ie only 50M times ● Learn to be able to understand and cope with the training demands at various times of the season. ● Show a good work ethic in training and on the Monitoring sets to establish improvements over the season. ● Work on becoming competent in all competitive strokes and compete in all events and distances at least twice a year.
Competitions	<ul style="list-style-type: none"> ● Swimmers are encouraged to attend published open meets as set out in the seasonal plan. ● Swimmers are encouraged to enter Club Championships, in as many events as possible. ● If Kent County and regional Championship qualifying times are achieved then swimmers are expected to commit to representing the club in these competitions. <p>NB: Swimmers should not be entering galas outside the club seasonal plan. However, if a swimmer wishes to enter a competition outside the plan this is to be discussed with the coach in advance</p>
League Gala's	Attendance at League Gala's when selected
Level of Competition	Aiming for County/Regional Qualification
Typical Squad Age	Age 14-18 years (+/-1 year)
Parent Involvement*	Actively help out as an official, time keeper or team manager or in a volunteer role to help with the running of the club

*Parent Involvement

Greenwich Royals is heavily dependent on volunteers to run internal events such as the club champs, team galas and any potential home gala events in the future. Without You, this is not possible. As your swimmer progresses through the squads we ask that one parent joins our group of much needed volunteers who support the club and our swimmers. Please visit our [volunteer section](#) or register your interest by completing the form

https://docs.google.com/forms/d/e/1FAIpQLSeBFLhruK719WLQm3SMk--w8w7TBBKjf3jY-TW0YnHQSfEWKQ/viewform?usp=sf_link

Progression

If swimmers meet the conditions to move to the performance squads and show commitment, they will be invited to trial or bridge for a month and a decision made by the lead coaches on any continuation.

Once swimmers turn 18, they may move to the masters squad.