

Welcome to Age Group Performance Squad 2025

Introduction. This Squad is aimed at performance swimmers in a competitive environment aged between 11 and 15. (As per Swim England's Athlete Development Support Pathway)

Lead Coach: Sam Minster

Training Sessions: Swimmers should aim to attend a minimum of 9 hours pool training a week 75% per Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Greenwich Centre		Greenwich Centre		Eric Liddell Land	
	06:00 - 07:00		06:00 - 07:00		15:30 - 16:30**	
London Aquatic Centre	London Aquatic Centre	Thamesmere Centre	Eltham Centre	Waterfront	Eric Liddell Centre	
19:15 - 21:30*	19:15 - 21:30*	19:30-21:00	20:00-21:45*	19:00 - 21:00	16:30 - 18:00	
* 15 minutes pre-pool warm up; ** Land Training						

Training Accessories

Mesh Kit Bag and Water bottle	Training snorkel	Swim Hat and Goggles
Standard Kickboard	Pull Buoy	Short Blade Training Fins
Drag Shorts	Plastic Cup	Hand Paddles & Finger Paddles

Promotion Criteria: .

Attribute	Requirements
Consideration	To be considered for this squad, swimmers must demonstrate the following personal and athletic attributes.
	<ul style="list-style-type: none"> Have good attitude to training and supporting other swimmers Demonstrate compliance with the expectations for the squad. Sound skills and stroke technique in all four competitive strokes Be able to demonstrate the mature ability expected in the relevant squad
Attendance:	<ul style="list-style-type: none"> Performance swimmers, are expected to attend a minimum 9 hours a week pool time, with an overview of a minimum of 75% per month Attend planned Land training sessions. Inform the coach if they are not able to attend training or are away for a period of time, there may be an opportunity to make up the times at agreed sessions. And also, of any issues that may affect their ability to train, ie injuries, health Swimmers are expected to attend Swim England Run Talent camps when invited, inline with the Swim England policy. <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"> Learn to show an interest in their own development Learn about their training zones and setting process and objective goals with their coach 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

	<ul style="list-style-type: none"> ● 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 team mates and other swimmers
Ability:	<ul style="list-style-type: none"> ● Performing at county and or Regional standard with the aim to make National Championships, ● Learn to be able to understand and cope with the training demands at various times of the season. ● Work on the Monitoring sets to establish improvements ● Work on becoming competent in all competitive strokes and compete in all events and distances at least twice a year. <p>NB: Pre County level will be considered depending on the athlete attendance, age, work ethic and goals.</p>
Competitions	<ul style="list-style-type: none"> ● Swimmers should attend the published open meets set out by the seasonal plan, (approx. 8-10 per year) the Kent and regional Championships, and when requested to, league gala's. ● Swimmers should enter ALL events at Club and Kent championships that they qualify for, as the plan is based around the National competition schedule and end of Season in July and Aug. ● Priority for AG performance squads is performing at Regional and Aiming for National events ● 800 and 1500m events are to be raced at least once during the swimming year to update times 400s and the 200s at least three times a year. ● Those that are chosen to represent the club at league and inter county galas, MUST endeavour to make themselves available for these competitions as part of representing Greenwich Royals Team as this promotes the club in a positive light <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	Attend at league gala's when selected and be a role model for younger swimmers and an ambassador for GRSC.
Performance Swimmer Expectations:	<p>Swimmers should have attained County and Regional times, for their current age group, aiming to make finals in both and working towards achieving Summer and/or Winter National Qualification</p> <ul style="list-style-type: none"> ● Swimmers are expected to arrive on time to complete a 10/15 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

<p>Squad Age Age as of the 31st Dec</p>	<p>Age Group relates to 11 to 15 year olds</p>	<p>Youth relates to swimmers 15 year and older</p>
	<p>NB: however, exceptions for swimmers +/- one year, will be considered, where this is considered appropriate for that swimmer</p> <p>This may year earlier/later than the recommendations of the Swim England Athlete Development Support Pathway.</p>	
<p>Parent Involvement*</p>	<p>Actively help out as an official, time keeper, team manager or as a volunteer helping the club be ever successful.</p>	

*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

Competitions

A full and current list of competitions, endorsed by the club's coaches, is available on the home page of the Greenwich Royals website: <https://uk.teamunify.com/Home.jsp?team=lgrsc> under events & gala's.

The Club also participates in a number of swimming leagues. Further details can be found at:

https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&_stabilid_=153418. It is a privilege for swimmers to be selected to represent their club at league galas, so every effort should be made by selected Silver Squad swimmers to attend.