

## Welcome to Gold Squad

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

**Lead Coach: kenz Hilton**

**Training Sessions:** Swimmers should typically aim to attend **4/5** sessions per week, plus land training (if available).

| Monday                                       | Tuesday        | Wednesday   | Thursday        | Friday           | Saturday    | Sunday                         |
|--|----------------|-------------|-----------------|------------------|-------------|--------------------------------|
| Thamesmead                                   | Eltham Centre  | Greenwich   | Woolwich Centre | Greenwich Centre | Colfes      | Greenwich Centre               |
| 19:30-21:00                                  | 20:15 - 21:30* | 18:30-19:30 | 19:30 - 20:30   | 19:30-20:30      | 16:30-18:00 | Land Training<br>14:00 - 15:00 |
| *15 minutes pre-pool at beginning of session |                |             |                 |                  |             |                                |

## Training Accessories

|                    |                |                           |              |
|--------------------|----------------|---------------------------|--------------|
| Mesh Kit Bag       | Swimming Hat   | Swimming Goggles          | Water Bottle |
| Standard Kickboard | Foam Pull Buoy | Short Blade Training Fins | Hand Paddles |

**Promotion Criteria:** Promotion to Platinum Squad will be at the Lead coaches recommendation, swimmers will need to achieve the following, and any exceptions will be at the discretion of the coaching team/Head Coach

**Aims and Objectives for swimmers in Gold Squad** Swimmers are aiming to complete the Swim England Club Award Stage Five, achieve the time standard criteria 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.

## Time and Skill Standards for Promotion

| Award  | Event            | Time    | Requirement   |
|--|------------------|---------|---|
| Award Times<br>(Open Meets and Club Championships) | 50m Freestyle    | 37.20   | Gold Award  |
|  | 50m Breaststroke | 48.00   | Gold Award<br>2 of the 3 form strokes at 50m are required |
|  | 50m Backstroke   | 43.00   |   |
|  | 50m Butterfly    | 41.50   |   |
|  | 50m Breaststroke | 52.70   | Silver Award<br>3rd form stroke at 50m is required        |
|  | 50m Backstroke   | 47.50   |   |
|  | 50m Butterfly    | 45.70   |   |
|  | 100m Freestyle   | 1:28.80 | Gold Award  |
|  | 100m IM          | 1:34.10 | Gold Award  |
|  | 200m Freestyle   | 3:02.40 | Gold Award  |
|  | 200m IM          | 3:24.10 | Gold Award  |

|                               |   |   |   |
|-------------------------------|---|---|---|
|                               | 100m Breaststroke   | 1:44.80   | Gold Award<br>2 of the 3 form strokes at 100m are required in a competition                       |
|                               | 100m Backstroke   | 1:32.00   |   |
|                               | 100m Butterfly  | 1:30.40   |   |
|                               | 100m Breaststroke   | 1:55.40   | Silver Award<br>3 <sup>rd</sup> form stroke at 100m is required in a competition                  |
|                               | 100m Backstroke   | 1:41.40   |   |
|                               | 100m Butterfly  | 1:39.40   |   |
|                               | 200m Breaststroke   | 3:42.60   | Gold Award<br>Must have swum all 3 form strokes in a competition, and achieved time in 2 of the 3 |
|                               | 200m Backstroke   | 3:19.30   |   |
|                               | 200m Butterfly  | 3:17.80   |   |
|                               | 400 Free  | 6:24.70   | Gold Award  |
|                               | 400 IM  |   | Swam in a Competition   |
| Distance<br>(Internal Trials) | 2000m Distance Award  | <a href="http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/">http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/</a> |   |
| Club Awards                   | Swim England Swimming Club Awards Stage 5   | <a href="https://www.swimming.org/swimengland/swim-england-club-awards/">https://www.swimming.org/swimengland/swim-england-club-awards/</a>     |   |
| Training Sessions             | A minimum of 4 sessions per week is required to gain promotion (Avg over 3 mths)  |   |   |
| Training Sets                 | Specific Training sets suitable for transition to Platinum squad  |   |   |
| Competitions                  | Annual Club Championships   | Minimum of 5 open meets in year   |   |
|                               | Attendance at League gala’s when selected   |   |   |
| Typical Squad Age             | Girls 10 - 13 (± 1yr)   | Boys 10 - 13 (± 1yr)  |   |
| 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 dependant 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 here [https://docs.google.com/forms/d/e/1FAIpQLSeBFLhruK719WLQm3SMk--w8w7TBBKjf3jY-TW0YnHQSfEWKQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeBFLhruK719WLQm3SMk--w8w7TBBKjf3jY-TW0YnHQSfEWKQ/viewform?usp=sf_link)

## Competitions

Gold Squad swimmers are expected to compete in the **Club Championships**, and attend 'Open Meets', as directed by the coach up to 1500M throughout the year.

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&\\_stabid\\_=153418](https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&_stabid_=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 Gold Squad swimmers to attend.