

GREENWICH ROYALS



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 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 <i>(Open Meets and Club Championships)</i>	50m Freestyle	37.20	Gold Award
	50m Breaststroke	48.00	2 of the 3 form strokes at 50m are required
	50m Backstroke	43.00	
	50m Butterfly	41.50	
	50m Breaststroke	52.70	Silver Award 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 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 3 rd 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 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 (Internal Trials)	2000m Distance Award	http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/	
Club Awards	Swim England Swimming Club Awards Stage 5		https://www.swimming.org/swimengland/swim-england-club-awards/
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-TW0YnHQScEWKQ/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=lrgrsc> 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=lrgrsc&_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.