

## Welcome to Youth Performance Squad 2024/25

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

**Lead Coach:** Gary Inch

**Training Sessions:** Swimmers should aim to attend a minimum of 12 hours training a week that would be all PM sessions aiming for 75% attendance per Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Greenwich Centre		Greenwich Centre	Greenwich Centre	Eric Liddell Centre Land
	06:00 - 07:00		06:00 - 07:00	06:00 - 07:00	15:30 - 16:30
Thamesmere Centre	London Aquatic Centre	Greenwich Centre	Eltham Centre	Waterfront Centre	Eric Liddell Centre
19:20* - 21:00	19:15* - 21:30	19:15*-21:30	19:15-21:45	18:45*-21:00	16:30 - 18:00

\*Indicates pre swim work 10 to 15 minutes prior to pool session starts

### Training Accessories

Mesh Kit Bag and Water bottle	Training snorkel	Swim Hat and Goggles
Kick Board, Pull Buoy,	PLastic Cup, Drag Shorts	Short Blade Training Fins

**Promotion Criteria:** This is currently the top level for youth swimmers.

Attribute	Requirements
Consideration	<b>To be considered for this squad, swimmers must demonstrate the following personal and athletic attributes.</b>
	<ul style="list-style-type: none"> <li>Have good attitude to training and supporting other swimmers</li> <li>Demonstrate compliance with the expectations for the squad.</li> <li>Sound skills and stroke technique in all four competitive strokes</li> <li>Be able to demonstrate the mature ability expected in the relevant squad</li> </ul>
Attendance:	<ul style="list-style-type: none"> <li>Performance swimmers are expected to attend a minimum 10 hours a week pool time, with an overview of a minimum of 75% per month.</li> <li>Attend planned Land training sessions.</li> <li>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.</li> <li>Swimmers are expected to attend Swim England Run Talent camps when invited, inline with the Swim England policy.</li> </ul> <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"> <li>Show an interest in their own development</li> <li>understanding their training zones and setting process and objective goals with their coach</li> <li>Health and well being to avoid becoming ill</li> <li>Hydration and nutrition so they can always perform to the best of their ability.</li> </ul>

	<ul style="list-style-type: none"> <li>● Planning for Competition in that they understand what they are competing in, and what the objective is</li> <li>● Show resilience and always focus on ways to improve.</li> <li>● Demonstrate a team driven mindset and act as role models to the other squads</li> <li>● Demonstrate good sportsmanship towards each team mate s and other swimmers</li> </ul>
Ability:	<ul style="list-style-type: none"> <li>● Performing at Regional and or National standard,</li> <li>● Be able to understand and cope with the training demands at various times of the season.</li> <li>● work on the Monitoring sets to establish improvements</li> <li>● Be competent in all competitive strokes and compete in all events and distances at least twice a year.</li> </ul> <p><b>NB:</b> County level will be considered depending on the athlete attendance, age and work ethic.</p>
Competitions	<ul style="list-style-type: none"> <li>● Swimmers should attend the published open meets set out by the seasonal plan, (approx. 8-10 per year) including the Kent and regional Championships, and when requested to, league gala's.</li> <li>● Swimmers should enter <b>ALL</b> 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.</li> <li>● Priority for Youth performance squads is performing at Regional and National events.</li> <li>● 800 and 1500m events are to be raced at least twice during the swimming year to update times 400s and the 200s at least three times a year.</li> <li>● Those that are chosen to represent the club at league and inter county galas, <b>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</b></li> </ul> <p><b>NB:</b> Swimmers <b>should not</b> 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
Performance Swimmer Expectations:	<p><b>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</b></p> <ul style="list-style-type: none"> <li>● 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</li> <li>● Shower before entering the pool</li> <li>● Have all their kit ready for use at the start of each session</li> <li>● Encourage each other as part of the squad</li> <li>● Pay attention to coaching feedback and briefings</li> <li>● Show an interest in their training and keep a record of their PBS and Monitoring sets</li> <li>● Swimmers to spend 5 minutes at the end of the session stretching</li> </ul>

Age as of the 31st Dec	<p><b>Age Group relates to</b> 11 to 15 year olds</p> <p><b>NB:</b> however they can remain up to the age of 16 if not making regional standard.</p>	<p><b>Youth relates to</b> swimmers 15 year and older</p> <p><b>NB:</b> consideration will be given to younger swimmers who are at regional/National level and show the right attributes.</p>
	<p><b>NB:</b> At times there will be exception to this, allowing swimmers to bridge or move a year earlier with the relevant squad based on ages at the 31<sup>st</sup> December. This is a year earlier than the recommendations than the Swim England Athlete Development Support Pathway.</p>	
Parent Involvement*	Actively help out as an official, time keeper or team manager	

## \*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](#).**

## 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&\\_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 Silver Squad swimmers to attend.