

Welcome to Platinum Squad

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

Lead Coach: Jake Forrest

Training Sessions: Swimmers should typically aim to attend min 5 swim sessions per week,

| Monday PM | Tuesday PM | Wednesday PM | Thursday AM/PM | Friday PM | Saturday PM | Sunday PM |
|--|----------------|-----------------|---------------------|---------------------|----------------|-----------------------------------|
| | | | Greenwich Centre | | | Greenwich Centre Land Training |
| | | | 06:00-07:00 | | | 14:00-15:00 |
| LAC | Eltham Centre | | Woolwich Centre | Greenwich Centre | Eltham Centre | Greenwich Centre |
| *19:15-21:30 | *20:15 - 21:30 | | *20:15 - 21:30 | 18:30 - 20:00 | 17:00-18:00 | 15:00-16:00 |
| *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 or County Development**, 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. Swimmers can move to the club squad following a conversation with the coach.

Aims and Objectives for swimmers in Platinum Squad Swimmers are aiming to complete the Swim England Club Award Stage Six, 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.

| Award | Event | Time | Requirements all at competitions |
|--|-----------------|----------|---|
| Award Times (Open Meets and Club Championships) | 100m Freestyle | 1:16.90 | Platinum Award |
| | 200m Freestyle | 2:49.40 | Platinum Award |
| | 400m Freestyle | 5:57.20 | Platinum Award |
| | 800m Freestyle | 12:20.70 | Platinum Award (one of either 800m & 1500m) |
| | 1500m Freestyle | 23:22.40 | |
| | 200m IM | 3:09.50 | Platinum Award |
| | 400 IM | 6:40.60 | Platinum Award |

| | | | |
|----------------------|--|---------|---|
| | 100m Breaststroke | 1:37.30 | Platinum Award |
| | 100m Backstroke | 1:25.50 | |
| | 100m Butterfly | 1:23.90 | |
| | 200m Breaststroke | 3:26.60 | Platinum Award 2 of the 3 form strokes at 200m is required |
| | 200m Backstroke | 3:05.00 | |
| | 200m Butterfly | 3:03.70 | |
| Club Awards | Swim England Swimming Club Awards Stage 6 | | https://www.swimming.org/swimengland/swim-england-club-awards/ |
| Training sets | Able to complete specific training and monitoring sets as required for progression | | |
| Training Sessions | A minimum of 5 sessions per week is required to gain promotion (Avg over 3 mths) Specific Training sets suitable for transition to bronze squad | | |
| Competitions | Annual Club Championships All events | | Minimum of 6 open meets in year |
| League Gala’s | Attendance at League Gala’s when selected | | |
| Level of Competition | Achievement of County/Regional Qualification | | |
| Typical Squad Age | Girls 11 - 14 (± 1yr) | | Boys 11 - 14 (± 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 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

Platinum Squad swimmers will be expected to compete in the **Club Championships in all events**, and attend 'Open Meets' and League galas, selected by their coach, throughout the year. Swimmers should also be seeking qualification for the **Kent County** and **London Regional Championships**.

Progression

Performance Squads; Ideally performing at Kent County and or London Regional level, and will be dependent on the swimmer meeting the above criteria, with respect to times and attendance, having the desire to be a performance swimmer, show coachability, have a good attitude to training and competing, as well as a role model to the younger members of the club.

County/Regional Development Squad: for swimmers who have met the criteria to graduate from Platinum Academy, but have yet to make Kent County times, or are unable/do not wish to commit to the intense training expectations of the performance squads.

Fitness Squad; for swimmers who no longer wish to compete, but wish to continue swimming for fitness