

## Welcome to Platinum Squad 2024/25

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 5/6 sessions per week, (plus land training).

Monday PM	Tuesday PM	Wednesday PM	Thursday AM	Friday PM	Saturday PM	Sunday PM
			06:00 - 07:00 Optional		Eric Liddell Land	
			Greenwich Centre		15:30 - 16:30**	
LAC	Eltham Centre	Thamesmere Centre		Waterfront	Eric Liddell Centre	Eric Liddell
19:15-21:30	20:15-21:30*	19:30-21:00		19:00-21:00*	16:30-18:00	18:00-19:00
*15 minutes pre pool at beginning of session    **Land Training						

### 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 **Age/Youth Performance and Youth Competitive Squads**, 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

Award	Requirements	
Award Times (Open Meets and Club Championships)	100m Freestyle	1:16.90
	200m Freestyle	2:49.40
	400m Freestyle	5:57.20
	800m Freestyle	12:20.70
	1500m Freestyle	23:22.40
	200m IM	3:09.50
	400 IM	6:40.60
	100m Breaststroke	1:37.30
	100m Backstroke	1:25.50
	100m Butterfly	1:23.90
	200m Breaststroke	3:26.60
	200m Backstroke	3:05.00
	200m Butterfly	3:03.70
Club Awards	Swim England Swimming Club Awards Stage 6	<a href="https://www.swimming.org/swimengland/swim-england-club-awards/">https://www.swimming.org/swimengland/swim-england-club-awards/</a>
Training sets	Able to complete specific training 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	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	

## \*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](#).

## Competitions

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

## Promotion

Performance squads (Age Group/Youth) 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. Swimmers will also need to be working to attain County/Regional Qualification in the next 12 months.

Youth Competitive Squad - For Swimmers who do not met the County/Regional Qualification criteria, or who do not wish to commit to the intense training expectations of performance swimmers