

Junior Competitive Squad Criteria – 2025

Squad Coach: Drew Clark

Pool Time: 7.75hrs

Land Training: 0.75

Timetable				
Day	Pool	Time	Hours	Lanes
Monday AM	East Ham	05:30-07:00	1.5	1
Monday PM	East Ham	19:30-21:00	1.5	1.5
Wednesday	East Ham	05:30-07:00	1.5	1
Friday PM Land	LAC Studio	17:30-18:30	0.75	Land
Friday PM	LAC CP	18:15-20:00	1.75	1
Sunday AM	LAC CP	06:30-08:00	1.5	1

Attendance: Swimmers must attend at least 4 out of 6 sessions available.

Required Equipment: Swimmers must have:

- Kickboard
- Fins
- Pull buoy
- Hand Paddles
- Snorkel
- Water Bottle
- Club Hat ([Hat Form](#))
- Goggles

Punctuality:

- Swimmers must arrive 10 minutes before the session start time to complete a structured pre-pool warm-up, which includes a combination of "Raise, Mobilise, Activate, and Prime" exercises.
- Late arrivals (more than 10 minutes) without prior communication will **not be permitted** to swim.

Age Range: Swimmers must be between 12 and 16 years old by the end of the year.

Code of Conduct: All swimmers must adhere to the code of conduct ([click here](#))

Competition Commitment:

- Swimmers must attend all home galas unless prior notice and a valid reason are communicated to the squad coach.
- Attend all Time Trials

Performance Standards: Swimmers should show the ability to complete advanced training sets, including but not limited to:

- **10 x 100m freestyle @ 1:50** while maintaining consistent target times **@1:40**
- Execute turns and underwater phases to a competitive standard for all strokes.
- Perform **4 x 100m Individual Medleys** with legal transitions and effective pace management.
- Must hold 3 county times (or within 5% of 4)

Health and Fitness:

- Swimmers must communicate any injuries, illnesses, or extended absences to the coach.
- Maintaining general fitness levels outside of the pool, including dryland training, is encouraged.

Coach's Discretion: Squad membership and movement to alternate squads are subject to the above criteria and at the discretion of the coaching team.

Attendance: Swimmers must attend at least 4 out of 6 scheduled sessions weekly.

Punctuality:

- Swimmers must arrive 10 minutes before the session start time to complete a structured pre-pool warm-up, which includes a combination of "Raise, Mobilise, Activate, and Prime" exercises.
- Late arrivals (more than 10 minutes) without prior communication will not be permitted to swim.

Age Range: Swimmers must be between 12 and 15 years old by the end of the year.

Attitude:

- Swimmers must demonstrate a positive and proactive attitude towards learning, training, and personal improvement.
- Commitment to setting and achieving performance goals is expected.

Respect:

- All swimmers must show respect towards coaches, teammates, and other club members.
- Disruptive behaviour or lack of focus during sessions will not be tolerated.

Competition Commitment:

- Swimmers must attend all home galas unless prior notice and a valid reason are communicated to the squad coach.
- Attendance at all time trials is mandatory to monitor progress.

Performance Standards: Swimmers should show the ability to complete advanced training sets, including but not limited to:

- **10 x 100m freestyle @ 1:50** (or equivalent pace for other strokes) while maintaining consistent times.
- Execute turns and underwater phases to a competitive standard for all strokes.
- Perform **4 x 100m Individual Medleys** with legal transitions and effective pace management.

Health and Fitness:

- Swimmers must communicate any injuries, illnesses, or extended absences to the coach.
- Maintaining general fitness levels outside of the pool, including dryland training, is encouraged.

Kit and Equipment: Swimmers must have all items on the squad kit list, including specialised training aids (e.g., fins, paddles, snorkels).

Coach's Discretion: Squad membership and movement to higher squads are subject to the above criteria and at the discretion of the coaching team.