

Junior Performance Squad Criteria – 2025-26

Squad Coach: Drew Clark

Pool Time: 11.5 hrs

Land Training: 0.75 Hrs

Junior Performance Timetable				
Day	Pool	Time	Hours	Lanes
Monday AM	East Ham	05:30-07:00	1.5	1
Tuesday PM	LAC TP	17:30-19:00	1.5	2
Wednesday	East Ham	05:30-07:00	1.5	1
Thursday PM	LAC CP	17:30-19:30	2	2
Friday AM	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 7 out of the 8 sessions available. (Land Training counts as a session)

Required Equipment: Swimmers must have:

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

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 10 and 14 years old at 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 and decided external galas unless prior notice and a valid reason is communicated to the squad coach.
- Attend County Championships.
- Attendance at all time trials is mandatory.

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

- **10 x 100m freestyle @ 1:45** while maintaining consistent target times **@1:35**
- 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 6 (or within 5% of 8) County Times
- Must hold 1 (or within 5% of 3) Regional Times

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 higher squads are subject to the above criteria and at the discretion of the coaching team.