

Junior Platinum – 2025-2026

Squad Coach: Toni Mehegan

Pool Time: 5.75hrs

Platinum Timetable				
Day	Pool	Time	Hours	Lanes
Monday	East Ham	19:30-21:00	1.5	2
Tuesday	Atherton	19:30-20:30	1	3
Wednesday	LAC TP	18:30-19:30	1	2
Friday	LAC	17:00-18:00	1	2
Sunday	East Ham	16:15-17:30	1.25	2

Attendance Requirement: Swimmers must attend 4 of the 5 sessions a week, attempting to make 5. Any excused absences need to be reported to the squad coach via email prior.

Session Preparation:

1. Swimmers must arrive on poolside at least 10 minutes before sessions or competition warm-ups to complete a pre-pool warm-up. This includes at least three "Raise, Mobilise, or Activate" exercises and one "Prime" exercise.
2. Late arrivals (more than 10 minutes past the scheduled start time) will not be permitted to swim unless prior notice and a valid reason are communicated to the squad coach.

Session Participation: Swimmers are required to fully complete all training sessions, including warm-ups and swim-downs, to the best of their ability. Repeated failure to complete sets without valid reason will result in a review of the swimmer's suitability for the squad.

Age Range: Swimmers must be between 9 and 12 years old at the end of the year.

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

Competition Participation: Attendance at all Home galas and Level 4 Time Trials + 2 external galas. Any absences must be communicated to the squad coach in advance.

Required Equipment: Swimmers must have:

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

Health Notification: The squad coach must be informed of any extended absences due to injury or illness.

Technical Standards:

1. Complete 8 x 100s Fr @ 2 minutes Target time 1:50.
2. Complete 6 x 50 IM Overlap/Switch @ 75 with legal turns and underwaters.
3. Complete a 200m Freestyle swim under 4 minutes 30 seconds, with legal turns, streamlining, and consistent underwaters and breathing patterns.
4. 4 x 25 Fly kick with fins getting to a minimum of 20m underwater each 25, with good streamlining.

Coach's Discretion: All criteria are subject to the coach's discretion.