

Senior Competitive Squad Description

Criteria

- 16+ at end of the year.
- Must hold a minimum of 2 EQT's (Essex Qualifying Times).
- Must attend a minimum of 4 out of 6 pool sessions per week (18 Y/O & over number of sessions to be discussed with head coach – Same as those in lead up to GCSE's & A Levels)
- Must attend all of the land sessions scheduled per week
- Must be on poolside 10 minutes, before sessions and competition warm ups, to complete pre-pool warm ups (details of which to be made available on laminates & where necessary will be coach led at the start of each session)
- Must complete all sessions appropriately (all members in this squad are required to complete all sets to the best of their ability – to include all warm ups and swim downs). Should swimmers be identified as frequently leaving sessions mid-set or earlier, this will be flagged as a cause for concern and will be reviewed by the Head Coach to assess the swimmer's suitability to remain in the squad
- Must remain after all sessions for 10 minutes, to complete post pool stretches.
- Must attend all stated competitions specific to the squad – with a minimum of 6 external competitions, excluding Club run competitions. During the season's race calendar, the swimmers are expected to compete in County / Club / Open Meet events
- Must be able to hold 30 x 100's of 1.35 as a minimum, age dependant
- Must be able to swim 25m for the underwater phase of all strokes as a minimum
- Must notify the squad coach of any lengthy periods of absence due to injury/illness
- Swimmers must also hold the following kit
 - Kick board
 - Pull buoy
 - Fins (short)
 - Hand paddles
 - Snorkel
 - Thera band