



6 hours of pool time plus 45 minutes land training each week

9-14 years approximately

### Objectives

- Gold squad is aimed at swimmers who have achieved or are close to achieving 1 or more county and regional consideration / automatic qualification times
- By this stage, swimmers should be committing to swimming and demonstrating a good understanding of the importance of training.
- A successful Gold-squad swimmer must be consistent and willing to push themselves to improve

### Swimmer standards

- Be able enough to complete 2000m - 3000m training sessions (with intervals between sets)
- Swim a 10 x 100m front crawl set on the required time as set by the current Gold Squad coach
- Be able to perform the four competition strokes to a technically high standard
- Technically refining standard of starts, turns and finishes on all four strokes
- Consistently get feet to flags, before starting the breakout phase
- Demonstrate stamina and endurance levels for 1500m+ in training sessions
- Competent in using the clock to set themselves off between repetitions

### Attendance

- This squad requires a gradual increase in training capacity as swimmers become older and more advanced, therefore a gold-squad swimmer needs to attend a minimum of 75% or 4.5h of the 6h of swim sessions provided each week

### Competition aims

- Be racing/competing regularly
- Compete in the Club Championships in events up to and including 200m races
- You are encouraged to enter 400m and 800m
- Regularly attend club-designated L2/L3 competition. Where the gala schedule permits, swimmers should be competing **once a month**
- Event entry should be across all 50m / 100m events and should include 200m
- Swimmers should be able to demonstrate progressive times in Swim England rankings
- Build towards achieving county and regional times and increase number of events qualified for
- Successfully complete a 200m individual medley

### Working towards

- Towards the end of their time in Gold Squad, a swimmer should be maintaining good technical and endurance performances, while demonstrating competence with the technicality of sessions being provided by the coach
- They should be physically able to swim all competitive distances on each stroke
- Gold-Squad swimmers should fully understand the importance of hydration and nutrition, and how this can affect their performance both at training and competitions
- It is useful – for training and competitions – for Gold-Squad swimmers to know their personal best times on all 50m and 100m events

*Subject to the club's general training requirements.*

*All squad moves are at the discretion of the coaching team.*