



Competitive Squads

County Youth (13+)	County Age (9-13)
<i>Aims & Objectives:</i> Competing at County standard working towards Regional Qualification.	<i>Aims & Objectives:</i> Competing at County and Regional standard, developing training commitment, understanding and attitude necessary for the Performance or Competitive squads
<i>Entry Criteria:</i> • 13yrs + • Competing at County standard or have key attributes assessed by coaches that will enable the swimmer to compete at County standard in the future • Proven ability and commitment to following a training programme	<i>Entry Criteria:</i> • 9-13yrs • To have completed Swimming Club Award 6 (Swimming Club Awards) • To have achieved at least 3 accepted County Qualification Times (excluding 50's), or to have achieved at least 7 Considered County Qualification Times
<i>Training Expectations:</i> • Minimum 5 sessions. Those aiming to progress to Regional Youth need to regularly commit to weekday and weekend mornings • At least one land training session in addition to pre and post pool (arriving 10 minutes prior to session start)	<i>Training Expectations:</i> • Minimum 5 sessions. Those aiming to progress to Regional Age need to regularly commit to weekday and weekend mornings • At least one land training session in addition to pre and post pool (arriving 10 minutes prior to session start)
<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Hand & Finger Paddles	<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Finger Paddles