



Performance Squads

National Youth Squad (15+)	Regional Youth Squad (15+)	Regional Age Squad (11-14)
<i>Aims & Objectives:</i> Youth Competing to National standard, working towards National Finals / International Selection	<i>Aims & Objectives:</i> Youth swimmer competing to Regional standard, working towards Regional Finals / Summer National Qualification	<i>Aims & Objectives:</i> Age Group swimmer competing to Regional standard working towards Regional Finals / Summer National Qualification
<i>Entry Criteria:</i> • Female 14yrs + (exceptional 13yrs considered), Male 15yrs + (exceptional 14yrs considered) • Ranked in Top 44 (as of 1st September) at British Summer Championships age of previous season <i>OR</i> to have achieved at least 6 Regional Qualifying Times, and within 2% of an English Summer Meet Cut Off Time from previous season • Proven ability and commitment to follow a demanding training programme • Consistently attending 90% of sessions agreed with Head Coach	<i>Entry Criteria:</i> • Swimmers aged 15+ in year of competition (School Yr 10 and above) • TO have achieved at least 2 Regional Consideration Times, <i>OR</i> to be within 2% of at least 4 Regional Consideration Times • Proven ability and commitment to follow a demanding training programme • Consistently attending 90% of sessions agreed with Head Coach	<i>Entry Criteria:</i> • Swimmers aged 11-14 in year of competition (School Yr 6-9) • To have achieved at least 3 Accepted Regional Qualification Times (excluding 50's), or to have achieved at least 6 Considered Regional Qualification Times • Proven ability and commitment to following a demanding training programme • Consistently attending a minimum of 80% of sessions within Age Development or the corresponding home club programme squad
<i>Training Expectations:</i> • 7 Sessions per week for all Yr10/Yr11 swimmers • 8 Sessions per week for all Yr12 + swimmers • 9 Sessions per week for some distance+ swimmers • At least two land training sessions per week in addition to pre and post pool (arriving 15 minutes prior to session start to complete)	<i>Training Expectations:</i> • 6 Sessions per week for all Yr10/Yr11 swimmers • 7 Sessions per week for all Yr12 + swimmers • At least two land training sessions per week in addition to pre and post pool (arriving 15 minutes prior to session start to complete)	<i>Training Expectations:</i> • 5 sessions per week for Female 11yrs and Male 12yrs • 6 sessions per week for Female 12-13yrs and Male 13-14yrs • 7 sessions per week for Female 14yrs • At least Two land training sessions per week in addition to pre and post pool (arriving 15 minutes prior to session start to complete)
<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Hand & Finger Paddles • Ankle band	<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Hand & Finger Paddles • Ankle band	<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Hand & Finger Paddles • Ankle band