

Age County is aimed at swimmers 9-13 years old that offers swimmers the opportunity to compete at County standard events, training with peers that have similar expectations and to target regional standard competition. Swimmers will learn the skill and tactics required to compete in the full range of swimming events.

This squad will have a maximum of 20 swimmers

Squad Entrance Criteria

- Achieving 4 or more county qualifying times in 100's and above
- Demonstrate a 200 IM efficiently with all legal turns under 3:30.00
- Demonstrate all racing starts and turn on all 4 strokes and medley turns
- Competing at Target Competitions & following race Calendar
- Committing to AM sessions min 1 per week
- All 50 & 100m times recorded on personal records
- Completing test set criteria

Test Set Criteria

Aerobic Capacity: Complete 15 x 100 – 1:50 or 8 x 200 – 3:40

Kick Test: 10 x 50 Kick – 1:10 200m Kick Max under 4:20

Commitment

- Attending a minimum of 4 sessions a week or sessions agreed with lead coach
- Demonstrate a good level of commitment to a year-round training programme
- Entering and competing in meets targeted by club
- Be a role model to all swimmers in younger squads
- Expected to arrive on time to complete Pre Pool before the session
- Report to Coach before and After every Race
- Expected to be professional and follow full warm up and swim Down protocol at meets
- Following seagulls 'Club Values'

Progression

- Movement to Age Regional if meeting squad criteria
- Movement to Youth Competitive if meeting squad criteria

Squad Exit Criteria

- Unable to meet level of performance required or competitive commitment to the programme – If so, alternative squad will be offered

Equipment Required

Pool Equipment	Land Training / Prep Pool Equipment
Water Bottle, Hat & goggles	Resistance Band
Kickboard, Pull buoy, Short Fins	Sports Clothing (i.e. Club Kit)
Snorkel, Paddles	Sports Trainers
Rubber bands (for ankles on pull)	Foam Rollers

Timetable

Mon AM	Tues AM	Wed AM	Thurs AM	Fri AM	Sat AM	Sun AM
	Land T 05:15 – 6:00 Swim 6:00 – 7:00		Pre Pool 05:15 – 5:25 Swim 5:30 – 7:00		Pre Pool 05:45 – 5:55 Swim 6:00 – 7:00 Land T 07:00-8:00	
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
	Pre Pool 15:50-15:55 Swim 16:00-18:00		Pre Pool 18:45-18:55 Swim 19:00-20:00	Pre Pool 15:50 –15:55 Swim 16:00-17:30		Pre Pool 18:45-18:55 Swim 19:00-20:00

Yellow = Two Rivers Meet Leisure Centre	Green = New Milton Leisure Centre
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Competitions throughout the season

Cycle 1 – September – December – SC Focus

- Club Championships covering all events & Winter Sprints
- National Arena League - September
- 3 open meets

Cycle 2 – January – May – LC Focus

- Dorset County Championships - February
- Regional qualifying meets – March/April
- Regional Prep Meets – March / April
- South West Regional Champs – May

Cycle 3 – May – July – LC Focus

- Open water regionals – June (If interested)
- Open meets to prep for final target meet – June
- Club championships – June
- Junior Arena League – Rd 1- 3 May – July (Team)
- Final target meet – July – Open Meet