

Age Regional is aimed at swimmers 12-14 years old that offers swimmers the opportunity to compete at County & Regional standard events, training with peers that have similar expectations. Swimmers will learn the skill and tactics required to compete in the full range of swimming events.

Individuals will be expected to be achieving Regional qualifying times in multiple events. Members will be expected to be able to train at a consistent high level. It is expected that swimmers in this group will be taking a certain degree of ownership for their own development.

This squad will have a maximum of 16 Swimmers.

Squad Entrance Criteria

- Achieving regional qualifying times
- Demonstrate a 200 IM efficiently with all legal turns under 3:00.00
- 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
- Completing test set criteria

Test Set Criteria

Aerobic Capacity: Complete 20 x 100 – 1:40 or 10 x 200 – 3:20 / Dropout Test – under 1:30

Kick Test: 20 x 50 Kick – 1:05 200m Kick Max under 3:45

Commitment

- Attending a minimum of 4 sessions a week or sessions agreed with head coach
- Fully committed 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 a youth squad or Youth Competitive or Youth Performance depending on age or ability

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 (Hand & Finger)	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 17:45-17:55 Swim 18:00-19:00	Mobility & Core 18:00 –18:25 Swim 18:35 –20:35	Pre Pool 17:15 –17:25 Swim 17:30-19:30		Pre Pool 18:45-18:55 Swim 19:00-20:00

Yellow = Two Rivers Meet Leisure Centre

Green = New Milton Leisure Centre

Competitions throughout the Season

Cycle 1 – September – December – SC Focus

- Club Championships covering all events & Winter Sprints
- National Arena League - September – December (Team)
- 3 open meets

Cycle 2 – January – May – LC Focus

- Dorset County Championships - February
- National Window (Start of March – May)
- 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 / British or home national championships. (Qualifying from national window in cycle 2)