

Youth Performance squad offers swimmers the opportunity to compete at County, Regional or National level competition, training with peers that have similar expectations. Swimmers following physical maturation will train towards specific events and distances. The typical age of swimmers will be between 13 years (Yr 9 as of start of season) or older. There is a maximum of 20 spaces in this squad.

Squad Entrance Criteria

- Achieving regional qualifying times
- 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 30 x 100 – 1:30 or 15 x 200 – 3:00 / Dropout Test – under 1:25

Kick Test: 20 x 50 Kick – 1:00 200m Kick Max under 3:30

Commitment

- Attending a minimum of 5 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 for 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 national training centre, university programme or a US college

Squad Exit Criteria

- Outgrowing the programme progression and progressing to a university programme
- 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
Pre Pool 05:15 – 5:25	Land T 05:15 – 6:00		Pre Pool 05:15 – 5:25		Pre Pool 05:45 – 5:55	
Swim 5:30 – 6:30	Swim 6:00 – 7:00		Swim 5:30 – 7:00		Swim 6:00 – 8:00	
Mobility & Core 6:30 – 7:00					Land T 8:00-9:00	
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
Pre Pool 16:15 –16:25	Pre Pool 19:15-19:25		Mobility & Core 18:00 –18:25	Pre Pool 17:15 –17:25		
Swim 16:30 –18:00	Swim 19:35-21:05		Swim 18:35 –20:35	Swim 17:30-19:30		

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
- South West Regional Short Course - November
- 3 open meets

Cycle 2 – January – May – LC Focus

- Dorset County Championships - February
- Aquatics GB Champs – April
- 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
- Final target meet – July – Open Meet / British or home national championships.
(Qualifying from national window in cycle 2)