



**LEATHERHEAD**  
**S W I M M I N G C L U B**

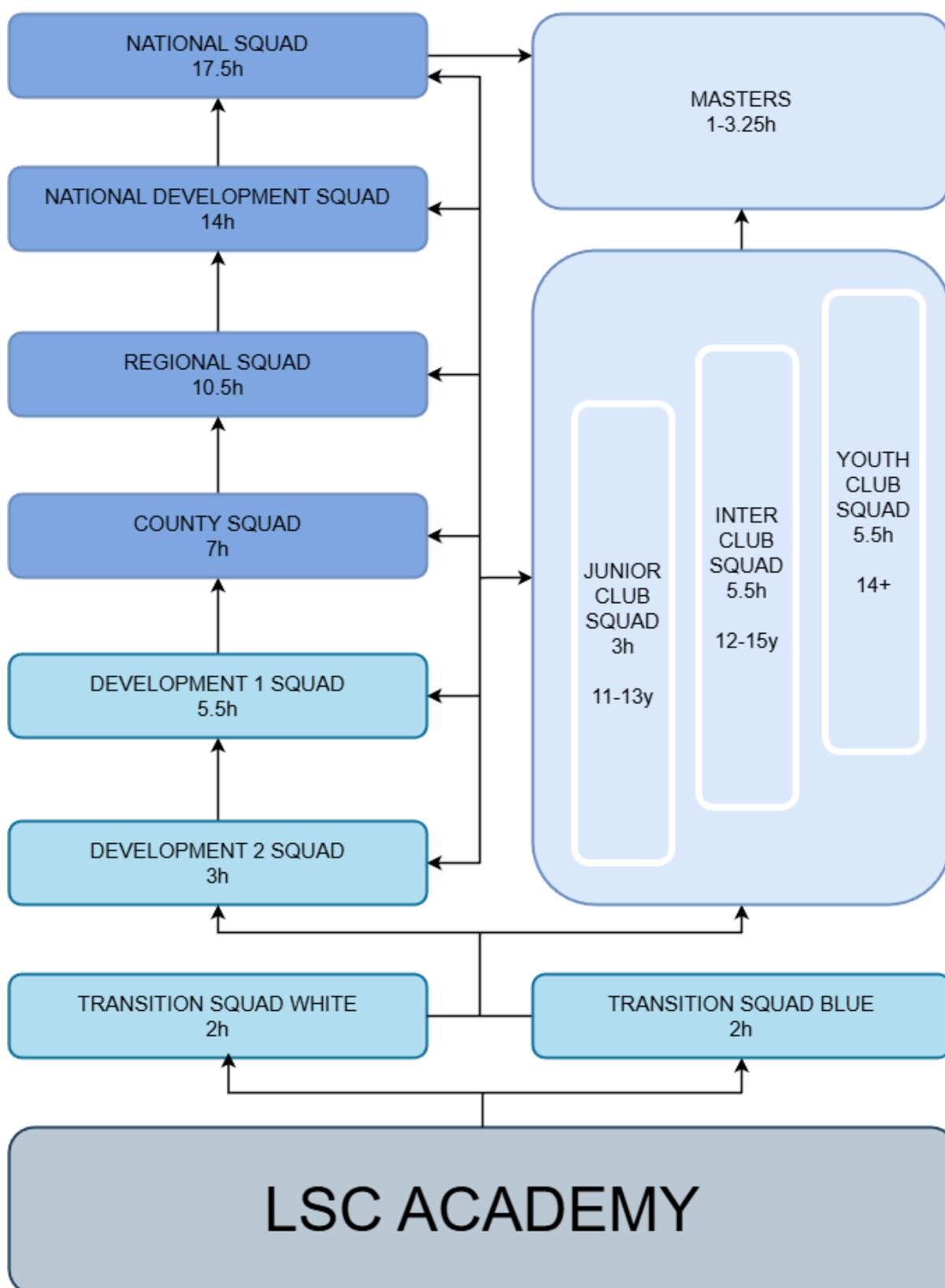


# Leatherhead Swimming Club

2025/2026 Season



## LEATHERHEAD SWIMMING CLUB





### Transition Squad White & Transition Squad Blue

The Transition Squad White & Transition Squad Blue are the first of our Development Squads. The main focus in these squads is to build on the fundamental skills learned in the Swim England Learn to Swim Programme and begin to develop their club and race specific skills. More work will be done on building stamina but technique is still a main focus to ensure each individual has the correct skills and training behind them in order to reach their full potential in swimming.

Transition Squad currently train **2 hours** on;

- |          |                          |   |
|----------|--------------------------|---|
| • Friday | Reed's School            | 1830-1930 (Transition Squad Blue)         |
|          | ACS International School | 1900-2000 (Transition Squad White)        |
| • Sunday | St John's School         | 1430-1530 (Transition Squad Blue & White) |

### Equipment Needed

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Training Snorkel
- Goggles (and spare)
- LSC Hat (and spare)

### Transition Squad Criteria

Swimmers must have passed Stage 7 in Swim England's Learn to Swim Programme (or equivalent). Swimmers that are close to, but have not yet achieved this award may be considered at the discretion of the coaching team.

Swimmers should aim to attend all sessions, arriving on poolside 10 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a sufficient skill level to cope with the demands of the session.

Swimmers should have a positive approach to training and competition. Swimmers in this Squad will have the opportunity to take part in regular time trials in order to practise their race skills. **Swimmers are expected to enter our LSC Club Championships as a minimum.** The Squad Coach will communicate the events each individual should enter.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

### Next Steps

- Development 2 Squad
- Junior Club Squad



### Development 2 Squad

Development 2 Squad adopts a multi event approach to training. Technique is still the main focus however, in this squad, more work is based around the development of swimming skills and stamina across a range of strokes and distances. At this stage of development, it is important that the swimmers are able to perform all strokes correctly.

Development 2 Squad currently train **3 hours** on;

- |           |                            |           |
|-----------|----------------------------|-----------|
| • Tuesday | Reed's School              | 1830-1930 |
| • Friday  | Leatherhead Leisure Centre | 1800-1900 |
| • Sunday  | St John's School           | 1530-1630 |

### Equipment Needed

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Training Snorkel
- Goggles (and spare)
- LSC Hat (and spare)

### Development 2 Squad Criteria

Swimmers should have reached Stage 10 on the Swim England's Aquatic Skills Framework (or equivalent) or progressed through our Transition Squad. Swimmers that are close to, but have not yet achieved this award may be considered at the discretion of the coaching team.

Swimmers should aim to attend all sessions, aiming to arrive on poolside 10 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a sufficient skill level to cope with the demands of the session.

Swimmers should have a positive approach to training and competition. **Swimmers in Development 2 Squad are expected to regularly enter and compete at level 4 (as a minimum) competitions, including our Club Championships.** The Squad Coach will communicate the events each individual should enter.

Swimmers should be able to complete a basic freestyle set of 100m repeats holding pace and time.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

### Next Steps

- Development 1 Squad
- Junior Club Squad



### Development 1 Squad

Development 1 Squad aims to further develop technique across all strokes and distances. Sessions are structured to work on race skills such as basic pacing, speed and endurance. At this stage of development, it is important that the swimmers are able to perform all strokes correctly, across a range of distances and under fatigue.

Development 1 Squad currently train **5.5 hours** on;

- |             |                            |           |
|-------------|----------------------------|-----------|
| • Tuesday   | Leatherhead Leisure Centre | 1830-2000 |
| • Wednesday | Reed's School              | 1830-1930 |
| • Friday    | Leatherhead Leisure Centre | 1800-1930 |
| • Saturday  | St John's School           | 1430-1600 |

### Equipment Needed

- |                          |                               |
|--------------------------|-------------------------------|
| • Drinks Bottle (filled) | • Kick Board                  |
| • Pull Buoy              | • Training Fins               |
| • Hand Paddles           | • Training Snorkel (optional) |
| • Goggles (and spare)    | • LSC Hat (and spare)         |

### Development 1 Squad Criteria

Swimmers should have a good understanding of all strokes, tumbles turns and dives.

Swimmers should aim to attend all sessions, aiming to arrive on poolside 10 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Swimmers should expect to remain for up to 10 minutes after the session in order to stretch

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a sufficient skill level to cope with the demands of the session.

Swimmers should have a positive approach to training and competition. **Swimmers in Development 1 Squad should be entering level 3 and 4 competitions and are working towards level 2 competitions. Swimmers are expected to enter our Club Championships.** The Squad Coach will communicate the events each individual should enter.

Swimmers selected for team competitions should make every reasonable effort to attend

Swimmers should be able to complete basic sets of 100m repeats on both freestyle and individual medley, holding pace and time throughout.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

### Next Steps

- County Squad
- Intermediate Club Squad
- Junior Club Squad



# Leatherhead Swimming Club

2025/2026 Season

## County Squad

County Squad is the first of our performance squads. The focus is on developing race skills across all strokes and events. [Swimmers in this squads should be targeting, or have should have achieved County times](#). County Squad is geared towards ensuring correct technique can be held under speed and fatigue and honing sprint skills and race craft in preparation for competition.

County Squad currently train [7 hours](#) on;

- |             |                          |           |
|-------------|--------------------------|-----------|
| • Monday    | St Teresa's School       | 1830-2030 |
| • Wednesday | St John's School         | 1900-2030 |
| • Thursday  | St Teresa's School       | 1830-1930 |
| • Friday    | ACS International School | 1900-2000 |
| • Sunday    | St John's School         | 1630-1800 |

## Equipment Needed

- |                          |                       |
|--------------------------|-----------------------|
| • Drinks Bottle (filled) | • Kick Board          |
| • Pull Buoy              | • Training Fins       |
| • Hand Paddles           | • Training Snorkel    |
| • Goggles (and spare)    | • LSC Hat (and spare) |

## County Squad Criteria

Swimmers should aim to attend a minimum of 60% of the sessions, arriving on poolside 10 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Swimmers should expect to remain for up to 10 minutes after the session in order to stretch

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a positive approach to training and competition. **This is a competitive squad. Swimmers in County Squad are expected to regularly enter competitions, including our Club Championships.**

Swimmers selected for team competitions should make every reasonable effort to attend

Swimmers are expected to be able to complete sets of 200m repeats on freestyle off of 4 minutes and individual medley off of 4 minutes 30, holding pace and times throughout.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Youth Club Squad
- Intermediate Club Squad
- Regional Squad



# Leatherhead Swimming Club

2025/2026 Season

## Regional Squad

Regional Squad is aimed at those competing at a County standard, working towards achieving qualification to Regional competitions. Swimmers in this Squad should be proficient across a range of strokes and events. The Regional Squad programme is geared to produce performances at key competitions whilst continuing to develop race craft, technical ability and skills.

Regional Squad currently train 10.5 hours on;

• Monday	St Teresa's School	1830-2030
• Tuesday	St John's School	1800-1930
• Wednesday	St John's School	0600-0730
	Leatherhead Leisure Centre	2000-2100
• Thursday*	St Teresa's School	1930-2100
• Friday	ACS International School	2000-2100
• Saturday*	Leatherhead Leisure Centre	0600-0800
• Sunday	Leatherhead Leisure Centre	1600-1800

\*Thursday & Saturday sessions are split and alternated on a weekly basis

## Equipment Needed

- |                          |                       |
|--------------------------|-----------------------|
| • Drinks Bottle (filled) | • Kick Board          |
| • Pull Buoy              | • Training Fins       |
| • Hand Paddles           | • Finger Paddles      |
| • Training Snorkel       | • Goggles (and spare) |
| • LSC Hat (and spare)    | • Resistance Band     |

## Regional Squad Criteria

Swimmers should aim to attend a minimum of 70% of the sessions, arriving on poolside 10-15 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Swimmers should expect to remain for up to 10 minutes after the session in order to stretch

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a positive approach to training and competition. **Swimmers in Regional Squad must have achieved times for, and raced at County Championships.** Swimmers close to this standard may be considered at the coaching team's discretion.

Swimmers selected for team competitions should make every reasonable effort to attend

Swimmers are expected to be able to complete varied sets of freestyle off of a 1 minute 40 base and individual medley off of a 2 minute base

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Youth Club Squad
- Intermediate Club Squad
- National Development Squad



# Leatherhead Swimming Club

2025/2026 Season

## National Development Squad

The main emphasis of National Development Squad is the continued development of technical and race skills.

Swimmers at this stage should be working towards [Regional and National Competitions](#). These sessions will work on all strokes whilst focusing on specific skills, practises and events.

National Development Squad currently train **14 hours** on;

- |             |                            |           |
|-------------|----------------------------|-----------|
| • Monday    | Leatherhead Leisure Centre | 1915-2115 |
| • Tuesday*  | Epsom College              | 0600-0745 |
|             | St John's School           | 1930-2030 |
| • Wednesday | St John's School           | 0600-0730 |
| • Thursday* | Epsom College              | 0600-0745 |
|             | St Teresa's School         | 1930-2100 |
| • Friday    | ACS International School   | 2000-2100 |
| • Saturday  | Leatherhead Leisure Centre | 0600-0800 |
| • Sunday    | Leatherhead Leisure Centre | 1600-1800 |
- \*Swimmers to select one weekday morning session at Epsom College

Land training will be included in the programme as directed by the head coach.

Long Course Training may be offered through the season to those meeting a selection criteria as advised by the head coach.

## Equipment Needed

- |                          |                       |
|--------------------------|-----------------------|
| • Drinks Bottle (filled) | • Kick Board          |
| • Pull Buoy              | • Training Fins       |
| • Hand Paddles           | • Finger Paddles      |
| • Training Snorkel       | • Goggles (and spare) |
| • LSC Hat (and spare)    | • Resistance Band     |

## National Development Squad Criteria

Swimmers should aim to attend a minimum of 70% of the sessions, arriving on poolside 10-15 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Swimmers should expect to remain for up to 10 minutes after the session in order to stretch

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

Swimmers should have a positive approach to training and competition. **Swimmers in National Development squad must have achieved times for Regional Championships.** Swimmers close to this standard may be considered at the coaching team's discretion

Swimmers are expected to be able to complete varied sets of freestyle off of a 1 minute 30 base and individual medley off of a 1 minute 45 base

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Youth Club Squad
- National Squad



# Leatherhead Swimming Club

2025/2026 Season

## National Squad

National Squad is our top performance squad. [Swimmers at this stage should be regularly qualifying for Regional competitions and working towards National and British Competitions.](#) Training is more focused towards specific distances and events.

National Squad currently train [17.5 hours](#) on;

- |             |                            |           |
|-------------|----------------------------|-----------|
| • Monday    | Leatherhead Leisure Centre | 1915-2115 |
| • Tuesday   | Epsom College              | 0600-0745 |
|             | St John's School           | 1800-2030 |
| • Wednesday | St John's School           | 0600-0730 |
|             | Leatherhead Leisure Centre | 2000-2100 |
| • Thursday  | Epsom College              | 0600-0745 |
|             | Leatherhead Leisure Centre | 1845-2045 |
| • Friday    | Leatherhead Leisure Centre | 1900-2100 |
| • Saturday  | Leatherhead Leisure Centre | 0600-0800 |

Land training will be included in the programme as directed by the head coach

Long Course Training may be offered through the season, as advised by the head coach.

## Equipment Needed

- |                          |                       |
|--------------------------|-----------------------|
| • Drinks Bottle (filled) | • Kick Board          |
| • Pull Buoy              | • Training Fins       |
| • Hand Paddles           | • Finger Paddles      |
| • Training Snorkel       | • Goggles (and spare) |
| • LSC Hat (and spare)    | • Resistance Band     |

## National Squad Criteria

Swimmers should aim to attend all sessions, arriving on poolside 15 minutes before the start of the session in order to carry out pre-pool exercises. Any swimmer arriving late to sessions without a valid reason may not be permitted to train.

Swimmers should expect to remain for up to 10 minutes after the session in order to stretch

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers must have all equipment (as set out above). Failure to do so may result in exclusion from part of/the session.

**Swimmers should have a positive approach to training and competition. Swimmers in National squad should have qualified for, and raced at Regional Championships as a minimum.**

Swimmers selected for team competitions should make every reasonable effort to attend

Swimmers in this squad should be committed to performance level swimming.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.



# Leatherhead Swimming Club

2025/2026 Season

---

## Junior Club Squad

Junior Club Squad caters for younger swimmers in our development squads that may not be able to commit to the full programme. Whilst swimmers in this squad are encouraged to compete, this is not a requirement. Junior Club Squad provides opportunities to continue training for the development of fundamental swim skills and fitness.

Junior Club Squad currently train **3 hours** on;

- |             |                  |           |
|-------------|------------------|-----------|
| • Wednesday | Reed's School    | 1930-2100 |
| • Saturday  | St John's School | 1600-1730 |

## Equipment Needed

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Goggles (and spare)
- LSC Hat (and spare)

## Junior Club Squad Criteria

Swimmers must have passed Stage 8 in Swim England's Learn to Swim Programme (or equivalent).

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers should have all equipment (as set out above).

Swimmers should have a sufficient skill level to cope with the demands of the session.

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Intermediate Club Squad
- Transition Squad
- Development 2 Squad
- Development 1 Squad



# Leatherhead Swimming Club

2025/2026 Season

---

## Intermediate Club Squad

Intermediate Club Squad caters for swimmers in our performance squads that may not be able to commit to the full training load expected in other squads. Intermediate Club Squad is for swimmers aged between 12-15 years, however, ability level will be taken into consideration. Like Junior Club Squad, swimmers in Intermediate Club Squad are encouraged to compete but this is not a requirement. Intermediate Club Squad provides a more relaxed training environment in which swimmers can still work toward improving skills, and fitness. The flexibility involved in this squad provides an excellent opportunity to continue training without the pressure of committing to a full programme.

Club Squad currently train **5.5 hours** on;

- |             |                  |           |
|-------------|------------------|-----------|
| • Tuesday   | Reed's School    | 1930-2100 |
| • Wednesday | St John's School | 1900-2030 |
| • Saturday  | St John's School | 1430-1600 |
| • Sunday    | St John's School | 1530-1630 |

## Equipment Needed

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Goggles (and spare)
- LSC Hat (and spare)

## Intermediate Club Squad Criteria

Swimmers should have a sufficient skill level to cope with the demands of the session

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers should have all equipment (as set out above).

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Development 1 Squad
- County Squad
- Regional Squad
- National Development Squad



# Leatherhead Swimming Club

2025/2026 Season

---

## Youth Club Squad

Youth Club Squad caters for swimmers in our performance squads that may not be able to commit to the full training load expected in other squads. Youth Club Squad is for swimmers aged 14 years and over, however, ability level will be taken into consideration. Like Junior Club Squad, swimmers in Youth Club Squad are encouraged to compete but this is not a requirement. Youth Club Squad provides a more relaxed training environment in which swimmers can still work toward improving skills, and fitness. The flexibility involved in this squad provides an excellent opportunity to continue training without the pressure of committing to a full programme.

Club Squad currently train **5.5 hours** on;

- |             |                  |           |
|-------------|------------------|-----------|
| • Monday    | St John's School | 2030-2130 |
| • Wednesday | Reed's School    | 1900-2030 |
| • Saturday  | St John's School | 1600-1730 |
| • Sunday    | St John's School | 1630-1800 |

## Equipment Needed

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Goggles (and spare)
- LSC Hat (and spare)

## Youth Club Squad Criteria

Swimmers should have a sufficient skill level to cope with the demands of the session

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations. The Squad Coach will have the final decision.

Swimmers should have all equipment (as set out above).

Swimmers must show respect to their fellow team members and all LSC Coaches, Officials and Volunteers.

## Next Steps

- Development 1 Squad
- County Squad
- Regional Squad
- National Development Squad
- National Squad (by invitation only)



# Leatherhead Swimming Club

2025/2026 Season

---

## Masters Squad

The Masters Squad caters for swimmers 18 and above. The structured sessions are designed to work a variety of skill levels and ability, catering for those just looking to build or retain fitness up to those still wishing to compete in Masters competitions. There is flexibility in that swimmers have options to train one, two or three sessions a week.

Masters Squad currently train **3.25 hours** on;

- |           |                  |           |
|-----------|------------------|-----------|
| • Monday  | St John's School | 2030-2130 |
| • Tuesday | St John's School | 2030-2130 |
| • Friday  | Reed's School    | 1945-2100 |

## Equipment Needed (Optional)

- Drinks Bottle (filled)
- Kick Board
- Pull Buoy
- Training Fins
- Goggles (and spare)
- LSC Hat (and spare)

## Masters Squad Criteria

Swimmers should have a sufficient skill level to cope with the demands of the session i.e. can swim a length of all four strokes.

Swimmers must be over the age of 18

Any injuries or illnesses must be communicated to the Squad Coach. Where possible, training will be adjusted to accommodate any limitations



## Accelerated Performance Programme

In certain, rare, circumstances, swimmers may be identified by the coaching team to be fast tracked through the squads. This is the call of the coaching team with the final decision coming from the head coach. The fast tracking of these swimmers is to ensure that they are in the correct squad for their stage of development, without compromising skill acquisition.

## Teams/Programmes/Camps

Any swimmer selected for any team, programme or camp outside of LSC must be discussed and reviewed with the squad coach and/or the head coach.

## Exams

During important school exam periods, training should be discussed with the squad coach. It is important to maintain a level of training/fitness throughout. Sessions will be worked around the exam timetable.

## Squad Moves

Squad moves are usually (but not always) done at the end of teach term. Swimmers close to, but have not yet achieved the squad criteria, may still be considered. Moves are made at the discretion of the coaching team

**Any squad move decision made by the coaching team is final.**