



Performance Pathway - Squad Criteria - from March 2025

Skill Development and training for those aiming for or achieving county, regional and national qualification



Squad	Squad Criteria
Regional Potential. Ages 10 to 13. Training and skills for competitive swimming	•Aspiring regional qualifiers. •Competition age 13 yrs and under. •Must maintain a minimum of 70% attendance across the year. All morning attendance is compulsory. Swimmers who fall behind on attendance will be directed to an alternative squad. •Must show multiple emerging OADF characteristics. •Swimmers must show a clear desire to compete. •All swimmers are subject to a 3-month rolling review period. •Club hats only for training and competition. •Expected to arrive 15 mins prior to the start of training. •Expected to carry out mobility and stretching, before and after training/ competition •Must attend training the night before and after every competition. •Must only compete in competitions listed on the club's calendar. •Must report to the coach before and after every race. •Expected to complete full warm-up and swim-down protocols. •Expected to take part in every race and final entered unless notified by the Head Coach. •Contact the coach if absent or unable to fulfil criteria.



Performance Pathway - Squad Criteria - from March 2025

Skill Development and training for those aiming for or achieving county, regional and national qualification



Squad	Squad Criteria
Regional Age. Ages 12 to 14. Training and skills for county and regional level swimmers	•Regional qualifier or showing strong potential. •Competition age 12 yrs to 15 yrs - younger swimmers to be considered on coaches discretion. •Must maintain a minimum of 70% attendance across the year. All morning attendance and land training is compulsory unless agreed by the Head Coach. Swimmers who fall behind on attendance will be directed to an alternative squad. •Club hats only for training and competition. •Expected to arrive 15 mins prior to the start of training •Must attend training the night before and after every competition unless notified by the coach.. •Must only compete in competitions listed on the club's calendar. •Must report to the coach before and after every race. •Expected to complete full warm-up and swim-down protocols. •Expected to take part in every race and final entered unless notified by the lead coach. •Contact the coach if absent or unable to fulfil criteria. •Must show strong future performer OADF characteristics. •Swimmers must show dedication and a drive to achieve at the highest level of competition. •All swimmers are subject to a 3-month rolling review period.



Performance Pathway - Squad Criteria - from March 2025

Skill Development and training for those aiming for or achieving county, regional and national qualification



Squad	Squad Criteria
National Potential. Ages 14+. Training and skills for county, regional and national level swimmers	•Regional qualifier across multiple events. •Competition age 14yrs and over - younger swimmers to be considered on coaches discretion. •Must maintain a minimum of 75% attendance across the year. Swimmers who fall behind on attendance or performance will be directed to an alternative squad, subject to the squad moves document. •During exam periods swimmers must maintain a minimum of 6 pool sessions. •Must show strong future performer OADF characteristics. •Swimmers must show dedication and a drive to achieve at the highest level of competition. •All swimmers are subject to a 3-month rolling review period to track progress towards squad criteria and progression. •Club hats must be worn in training & competition (if you wear one). •Expected to arrive 15 mins prior to the start of training. •Expected to carry out mobility and stretching, before and after training/competition. •Must only compete in competitions listed on the club's calendar. •Must report to the coach before and after every race. •Expected to take part in every race and final entered unless notified by the Head Coach. •Contact the coach if absent or unable to complete the above criteria.
National Potential Performance. Ages 14+. Training and skills for county, regional and national level swimmers. Top 24 swimmers (see squad criteria for selection process) and external invitation only	•Swimmers will be selected on WA points basis - Highest ranking across two events (excluding 50m events) •Swimmers must be completing and engaging with all pathway criteria. •Must perform all sessions to the best of their ability. •Must show strong future performer OADF characteristics. •Swimmers must show dedication and a drive to achieve at the highest level of competition. •All swimmers are subject to a 3-month performance review period. •All swimmers must attend a minimum of 80% attendance •Club hats must be worn in training & competition (if you wear one). •Expected to arrive 15 mins prior to the start of training. •Expected to carry out mobility and stretching, before and after training/competition. •Must attend training the night before and after every competition. •Must bring high energy and enthusiasm to the group.