

Clevedon ASC – Squad Progression Criteria and Guidance



Criteria for squad movement is set by our Head Coach. Criteria are continually reviewed and subject to change. Our criteria of standards and targets do not mean automatic movement when gained by a swimmer - **they are the baselines for consideration of movement, alongside:** Ability to train within a squad, showing attributes related to the OADF (see [British Swimming Off The Blocks](#)), attendance at recognised club competitions and available space in the squad.

For more information or queries, please speak with your swimmer's squad coach in the first instance.

Junior Competition

- ✓ Competing at Somerset County Champs, Somerset Dev meet, Level 3 or higher Open Meets
- ✓ Supporting Team Clevedon at Team galas when selected. Achieving Club Skills awards Levels 1&2 & working towards Levels 3&4*.
- ✓ Working towards being able to meet 2 of 3 of the training competencies and 2 of 4 stroke count competencies.



Stroke Count (10 x 50 on 75)

FR 20 (Target 16) / BK 20 (Target 16)
BR 12 (Target 11) / FL 14 (Target 12)

Training Competencies

8 x 100 IM @2.15 200 Kick @4.30
8 x 100 FR @2.00 10 x 25 FL @45



Senior Competition

- ✓ Aim to compete at Somerset County Champs, Level 3 Open meets, competing regularly at Club targeted events, support Team Clevedon at Team galas when selected.
- ✓ Following the British Swimming OADF programmes to act as a role model and to give back, sharing the love of swimming as a sport. Achieved or working towards levels 5&6 of the Swimming Club Awards*.
- ✓ Attend 65% training monthly & to be able to meet or working towards meeting 2 of 3 training competencies & 3 of 4 stroke count competencies.



Stroke Count (10 x 50 on 60)

FR 16 (Target 12) / BK 16 (Target 12)
BR 11 (Target 8) / FL 12 (Target 8)

Training Competencies

10 x 100 IM @2.00 / 200 Kick @4.15
20 x 100 FR @1.45 / 20 x 25 FL @40

Performance

- ✓ Aim to compete at ASA SW Summer Championship, County Championship, Level 1 & 2 Open meets, or aiming to achieve QT at a licences meet. To support Team Clevedon at Team galas when selected.
- ✓ Following the British Swimming OADF programmes to act as a role model and to give back, sharing the love of swimming as a sport. Achieved or working towards levels 5&6 of the Swimming Club Awards*.
- ✓ Attend 75% of training and be able to meet the following training competencies and 3 of 4 stroke count competencies or actively working towards.

Competencies differ across our 2 Performance Squad groups:

Aspiring & Striving Age



Stroke Count (12 x 50 on 60)

FR 18 (Target 14) / BK 18 (Target 14)
BR 12 (Target 10) / FL 12 (Target 10)

Training Competencies

10 x 100 IM @2.00 / 200 Kick @4.30
5 x 400 FR @7.00 / 20 x 25 FL @45

Achieving and Inspiring Age



Stroke Count (12 x 50 on 60)

FR 14 (Target 12) / BK 14 (Target 12)
BR 10 (Target 8) / FL 10 (Target 8)

Training Competencies

10 x 100 IM @1.45 / 200 Kick @4.00
5 x 400 FR @6.15 / 20 x 25 FL @30

* For more information on Swim England's Club Awards scheme, check our poolside notice boards or the [SE Website](#).