



HIGH PERFORMANCE SQUAD POLICY & GUIDELINES

This document outlines the squad policies and guidelines of the High-Performance Squad. The coaching team meet regularly to review athlete progression. Coaches operate full discretion when implementing the Policy below. All decisions made will be communicated to athletes/parents as appropriate and within a suitable timeframe. Any queries regarding the content below may be directed to the coaching team.

AIM

Provide a High-Performance Environment designed to cater for swimming training focused at the highest level of National and International competition. Create a training environment focused upon high level achievements at Junior and Senior International level swimming.

OBJECTIVES

To develop swimmers into independent, focused and professional athletes focused on high level performance in swimming. To develop a training group that focuses on periodisation training appropriate to International Level success.

ENTRY CRITERIA

Consideration for selection is based on any of the following criteria:

- A year one University or College student studying in Aberdeen who has competed at British Level Competitions within the last season with their previous swimming club
- Non-student athletes (aged 18+) with the previous season's British Championships or British Summer Championship qualification times
- Para-athletes with a formal classification (aged 18+) and British Summer Championship qualification times within the previous season
- Athletes demonstrating likely "Performance Trajectory" that appears to be on track for International Level squad selection in the future. For example Scottish, British or other nation selection, (e.g. European Junior, World Junior, Commonwealth Youth Games selection or potential selection)
- Athletes selected onto British Swimming squads or the Scottish National Senior Team are eligible for automatic entry. Athletes in Scottish Senior Academy are eligible for consideration as appropriate
- International athletes looking to train as professional athletes with international experience and success
- An athlete who is deemed to be "on track" for international swimming success and considered by the Coaches within the programme to benefit from early exposure to High Performance Training

COMMITMENT CRITERIA

- Full commitment to training is required
- Full commitment to swim camps, if appropriate, is required
- Full commitment to attending agreed key competitions each season
- Being focused and prepared for all training sessions and competitions is essential
- 100% Compliance with data gathering is required
- 100% attendance at agreed swimming sessions is required (illness and injury or personal reasons for non-attendance will be considered on a case-by-case basis)
- Athletes in the HPS will attend the agreed number of land conditioning sessions per week.
- Athletes should comply with all the relevant policies and procedures
- Full season commitment is required; training from September right through to the summer "key meets" at the end of each season
- A "Team First" attitude is required and role model behaviour for the younger swimmers in the sport
- The attitude of an HPS swimmer must be consistent, respectful of the programme and the coaches, and athletes involved
- Respect and full support for the training programme is required by all athletes. Frequent one-to-one meetings with coaching staff will be required throughout the season. Review meetings will be coordinated to assess "progression" and / or maintenance of commitment and performance tracking



HIGH PERFORMANCE SQUAD POLICY & GUIDELINES

DESELECTION CRITERIA

Consideration for deselection is based on any of the following criteria:

- Anticipated performance criteria and competition qualification detailed above not being met
- Non-compliance with the training programme set out by the HPS Coach or requirements detailed above
- If the level of non-compliance still allows for the athlete to train in Student Connect, then communication between the coaches will be considered for a squad transfer
- However, if non-compliance is also not in line with the Student Connect criteria, then a request to move to a UOA Member Club training environment can be made
- Disciplinary issues may lead to an athlete exiting the HPS training programme; HPS Coach will make this decision where necessary, in line with disciplinary procedures

Version 3 - October 2023