



# PERFORMANCE DEVELOPMENT

## SQUAD POLICY & GUIDELINES

This document outlines the squad policies and guidelines of the Performance Development 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 Performance Development environment designed to cater for swimming training focused at District and National Age Group level competitions. Creating a training environment that is focused upon high level achievements at Junior and Youth level swimming.

### **OBJECTIVES**

To develop swimmers to become independent, focused and professional athletes focused on high level performance in swimming. To develop a training group that focuses on periodisation training appropriate to National Age Group and District Level success.

### **ENTRY CRITERIA**

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

- A school aged athlete at Scottish National Age Group Level standard
- A school aged athlete at SASA North District Age Group Level standard
- Athletes tracking for Scottish National Age Group Level competition
- Athletes on Scottish Youth & Junior Academy Squads are eligible for considerations
- Para-athletes with a formal classification and British Para International Meet qualification times within the previous season
- Good performance at Club Connect or by recommendation of the UOAPS partner club coach
- An athlete who is deemed to be “on track” for National Swimming success and considered by the Coaches within the programme to benefit from early exposure to 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 including but not limited to UoA Club Championships, District and National Meets
- Being focused and prepared for all training sessions and competitions is essential
- 100% Compliance with data gathering requirements as appropriate
- 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 PDS 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
- The attitude of a PDS 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



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### 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 PDS Coach or requirements detailed above
- If non-compliance with the training programme is met, then a request to move to a UOAPS Member Club training environment can be made
- Disciplinary issues may lead to an athlete exiting the PDS training programme; PDS Coach will make this decision where necessary, in line with disciplinary procedures

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