



# SENIOR PERFORMANCE 1

## SQUAD POLICY & GUIDELINES

This document outlines the squad policies and guidelines of the Senior 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

Provides a performance training environment for talented, committed and ambitious swimmers who are aiming for success at a senior level in both Scottish and British Championship events. Early tracking towards National Squad Selection either from UOAPS Pathway or external arrival with equal potential.

### OBJECTIVES

To develop independent, focussed and professional athletes following a periodised training plan with ambitions to progress to National Level selection and succeed at a National level through providing a daily training environment appropriate to developing senior level success and progression to High Performance Squad level.

### ENTRY CRITERIA

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

- A University or College student studying in Aberdeen who has competed at British and Scottish National Level Competitions within the last season.
- Non-student athletes (aged 17/18+) who have competed at British, Scottish National Level Competitions within the last season and show potential to progress to High Performance Squad
- Para-athletes with a formal classification (aged 17/18+) who have competed at the British Summer Meet Championships within the previous season or have achieved a 750+ British Para Swimming Points rating in a recognised championship event as per their classification.
- Athletes with a 650 long course World Aquatics Points rating or greater within a minimum of one event.
- Athletes selected onto the Scottish Senior Academy, are eligible for consideration / entry as appropriate.
- Athletes will be selected to the squad on an annual basis.

### COMMITMENT CRITERIA

- Full commitment to attending the agreed training and priority competitions each season is required as agreed by SPS1/HPS coach.
- Full commitment to attending the agreed swim camps, if appropriate, is required as agreed by SPS/HPS coach.
- Being focused and prepared for all training sessions and competitions is essential. 100% compliance with data gathering if appropriate, is required as agreed by SPS1/HPS coach.
- 100% attendance at agreed swimming sessions with the SPS1/HPS coach is required (illness and injury or personal reasons for non-attendance will be considered on a case-by-case basis), communication with the coach is essential if sessions are to be missed.
- Athletes in the SPS will attend the agreed number of land conditioning sessions per week as agreed by SPS/HPS coach.
- Athletes should comply with all the relevant policies and procedures
- Full season commitment is required; training from September right through to the identified priority 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 SPS1 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.