



## SENIOR PERFORMANCE 2 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.

### OBJECTIVES

To develop independent, focussed and professional athletes with ambitions to succeed at a national level through providing a daily training environment appropriate to developing senior level success.

### 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 Scottish National Level Competitions within the last season.
- Non-student athletes (aged 18+) who have competed at Scottish National Level Competitions within the last season.
- Para-athletes with a formal classification (aged 18+) who have competed at the British Summer Championships within the previous season or have achieved a 500+ British Para Swimming Points rating in a recognised championship event as per their classification.
- Athletes with a 525 long course World Aquatics Points rating or greater within a minimum of one event. (This score will be reviewed year on year)
- Athletes selected onto the Scottish Senior Academy, or a higher squad are automatically eligible for 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 SPS2/HPS coach.
- Full commitment to attending the agreed swim camps, if appropriate, is required as agreed by SPS2/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 SPS2/HPS coach.
- 100% attendance at agreed swimming sessions with the SPS2/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 SPS2 will attend the agreed number of land conditioning sessions per week as agreed by SPS2/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 SPS2 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.