



SENIOR SQUAD SQUAD POLICY & GUIDELINES

This document outlines the squad policies and guidelines of the Senior 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 Swim Training environment focused at Club, District & Masters level events. Create a training environment focused upon progression appropriate to each swimmers' ability on entry to the squad.

OBJECTIVES

To create a swim training environment for keen athletes focused on maintaining their competitive training enabling them to continue within their sport in line with their individual stage of Student, Professional and personal development. This will include focused and motivated athletes within the swimming community. Develop a swim training group that enjoys the hard-working environment and respect for fellow squad members.

ENTRY CRITERIA

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

- A University or College student studying in Aberdeen with a swimming background at District Level or above. This may include swimmers who are reducing their commitment to previous career highs, but still wanting to remain focused and invested in their swimming at a reduced level.
- Non-student athletes (aged 18+) with a swimming background at District Level or above.

COMMITMENT CRITERIA

- Commitment to attend the agreed training and to consider competitions each season is required as agreed by Senior coach.
- Consider extra training opportunities when offered by Senior coach
- Being focused and prepared for all training sessions.
- Communication with the coach is essential if sessions are to be missed.
- Athletes in the Senior may be offered land training and should consider this opportunity when it arises.
- Athletes should comply with all the relevant policies and procedures.
- Maintaining training as best as possible is key to selection; communication with Senior coach regarding any changes or inability to train for specific sessions.
- A "Team First" attitude is required
- The attitude of an Senior 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. One-to-one meetings with coaching staff may be required throughout the season.

DESELECTION CRITERIA

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

- Non-compliance with the training programme set out by the Senior Coach &/or HPS Coach or requirements detailed above.
- Disciplinary issues may lead to an athlete exiting the UOAPS training programme. Coaches will make this decision, in line with disciplinary procedures.