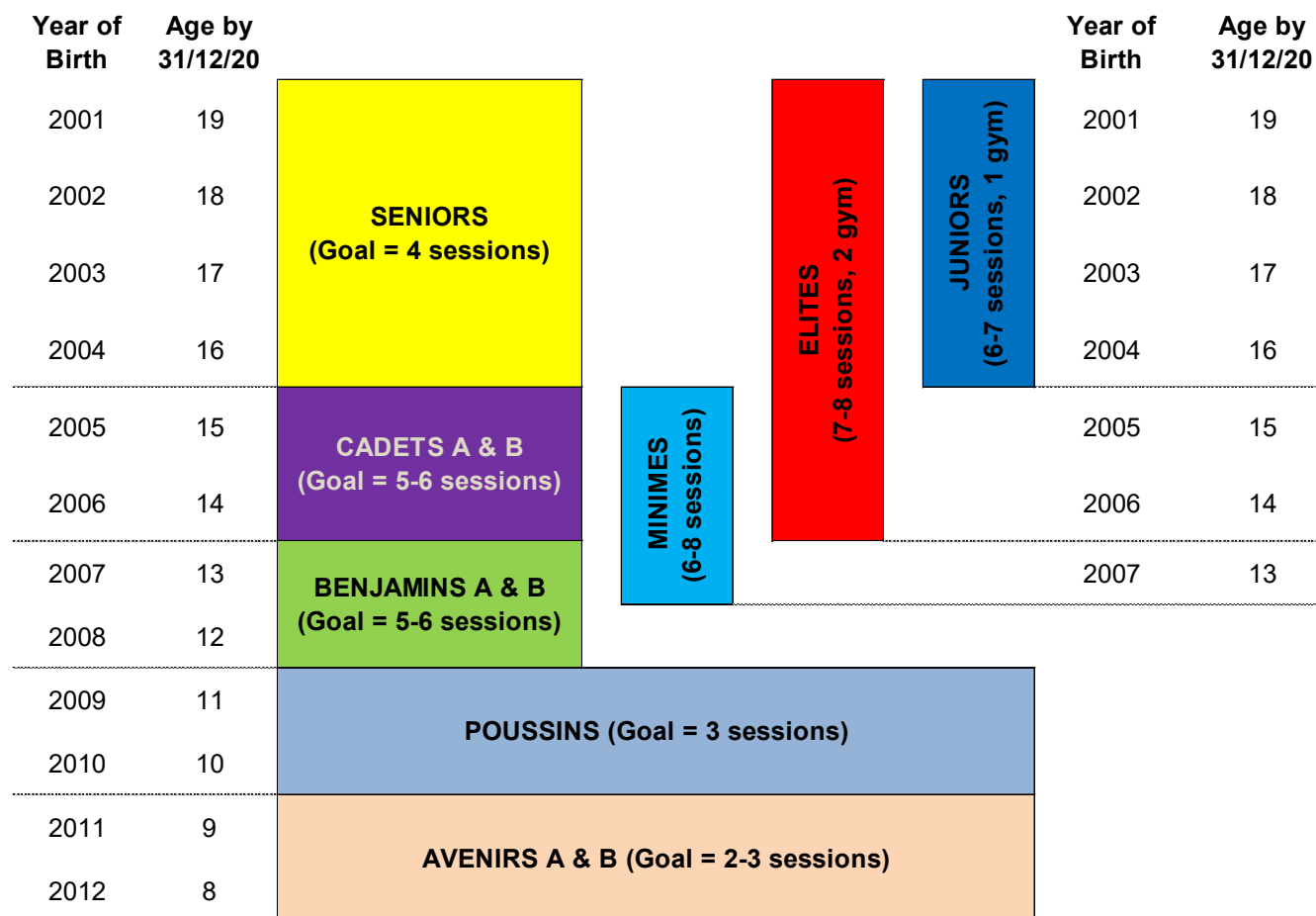


Updated Squad Structure from September 2019



KEY POINTS:

Movement between squads will be decided and communicated at the end of the current swimming season (late July 2019), after the last competition on the Competition Calendar

Movements will be based on age (year of birth), meeting entry criteria (where appropriate) and attendance during the 2018-2019 season

Swimmers may decide not to become a part of a squad and will therefore be directed to a different squad according to their motivations

ELITES SQUAD

Entry Criteria for the ELITES squad (year 2019-2020)

- > Born 2006 or earlier (Aged 14 or older by 31st December 2020)
- > Must have qualified for the British National Short Course (December 2018), British National (April 2019), British Summer Championships (July 2019) or Swim England National Summer Championships (August 2019)

Squad Goals

- > Attend 7-8 training sessions in the water and 2 Gym sessions per week
- > Swimmer must participate in all competitions they are selected for: County, Region or National
- > **Main Objective: qualify for any of the National Championships**
- > Other competitions will be competition tests and preparation which will be done without Terminal preparation

Expectations and Objectives of Competition

- > Being selected for a County team, Regional or National by age group
- > Finalling at main competitions
- > Medalling in major competitions
- > **Qualify for the National Championships**

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

JUNIORS SQUAD

Entry Criteria for the JUNIORS squad (year 2019-2020)

- > Born 2004 or earlier (Aged 16 and older by 31 December 2020)
- > Must have achieved at least 1 time from the tables below (25m or 50m) during the previous season (1st September 2018 - 5th August 2019)

WOMAN	Year of Birth		
	2004	2003	2002 & older
25m or 50m Pool	M2	C1	C2 & older
50 Free	29.12	28.60	28.16
100 Free	01:02.61	01:00.84	01:00.51
200 Free	02:15.98	02:13.40	02:11.92
400 Free	04:42.30	04:39.96	04:36.70
800 Free	09:45.10	09:42.57	09:40.44
50 Breast	37.74	37.04	37.04
100 Breast	01:22.46	01:19.36	01:19.36
200 Breast	02:57.45	02:55.00	02:54.25
50 Fly	31.76	31.57	30.91
100 Fly	01:11.92	01:09.92	01:08.05
200 Fly	2:45.42	02:43.24	02:38.88
50 Back	33.10	32.27	32.21
100 Back	01:10.83	01:09.64	01:08.93
200 Back	02:33.08	02:30.57	02:28.73
200 IM	02:34.31	02:32.16	02:30.78
400 IM	05:34.50	05:26.50	05:26.50

MAN	Year of Birth		
	2004	2003	2002 & older
25m or 50m Pool	M2	C1	C2 & older
50 Free	27.01	25.55	25.07
100 Free	58.45	54.86	54.83
200 Free	02:07.63	02:01.84	2:00-70
400 Free	04:32.81	04:16.97	04:15.03
1500 Free	17:53.81	17:05.83	17:05.83
50 Breast	35.25	33.04	32.60
100 Breast	01:16.82	01:11.71	01:11.02
200 Breast	02:45.81	02:39.12	02:37.30
50 Fly	30.07	27.78	27.67
100 Fly	01:06.70	01:01.53	01:01.27
200 Fly	02:32.49	02:25.86	02:20.30
50 Back	31.31	28.38	29.10
100 Back	01:07.46	01:02.65	01:02.40
200 Back	02:24.17	02:17.45	01:15.41
200 IM	02:26.03	02:20.26	02:16.47
400 IM	05:12.87	04:56.09	04:51.96

Squad Goals

- > Attend 6-7 training sessions in water and 1 Gym session per week
- > Swimmer must participate in all competitions they are selected for: County, Region or National
- > Swimmers in this squad could be already qualified for Regional Championships for the following swimming season on at least 1 event
- > **Main Objective: qualify for the National Championships**
- > For some swimmers, the main objective will also be competing at the East Region Championships

Expectations and Objectives of Competition

- > Being selected for a County team, Regional or National by age group
- > Finalling at main competitions
- > Medalling in major competitions
- > **Qualify for the Regional or National Championships and the Regionals the next year**

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

MINIMES SQUAD

Entry Criteria for the MINIMES squad (year 2019-2020)

- > Born 2007-2005 (Aged 13-15 by 31st December 2020)
- > Must have achieved at least 1 time from the tables below (25m or 50m) during the previous season (1st September 2018 - 5th August 2019)
[times are based on required 2020 County Qualifying Times for each age group]

WOMAN	Year of Birth		
	2007	2006	2005
25m or 50m Pool	Bj1	Bj2	M1
50 Free	31.05	29.96	29.67
100 Free	01:07.51	01:05.19	01:04.00
200 Free	02:23.23	02:20.58	02:18.30
400 Free	04:57.02	04:47.31	04:42.30
800 Free	10:15.00	09:52.95	09:47.00
50 Breast	40.00	38.44	38.24
100 Breast	01:29.71	01:25.75	01:22.50
200 Breast	03:09.19	03:00.86	02:58.48
50 Fly	34.00	33.69	32.46
100 Fly	01:18.94	01:15.00	01:12.29
200 Fly	03:04.00	03:01.29	02:53.70
50 Back	35.59	34.34	33.86
100 Back	01:15.44	01:14.00	01:12.55
200 Back	02:43.35	02:37.35	02:36.38
200 IM	02:44.65	02:42.00	02:38.00
400 IM	05:45.00	05:43.00	05:37.52

MAN	Year of Birth		
	2007	2006	2005
25m or 50m Pool	Bj1	BJ2	M1
50 Free	30.88	28.58	27.25
100 Free	01:07.28	01:03.16	59.38
200 Free	02:27.29	02:17.77	02:13.77
400 Free	05:07.82	04:46.81	04:33.62
1500 Free	20:00.00	19:00.00	18.18.31
50 Breast	40.38	37.40	35.94
100 Breast	01:30.00	01:23.00	01:17.76
200 Breast	03:15.00	03:02.05	02:56.66
50 Fly	33.84	32.38	30.32
100 Fly	01:22.49	01:12.74	01:08.63
200 Fly	03:33.00	02:59.09	02:37.05
50 Back	35.55	33.49	31.82
100 Back	01:16.55	01:11.94	01:09.66
200 Back	02:45.20	02:35.75	02:28.70
200 IM	02:50.80	02:37.90	02:31.25
400 IM	06:07.78	05:29.28	05:16.17

Squad Goals

- > Attend 6-8 training sessions in water
- > Swimmers must participate in all competitions they are selected for: County, Region or National
- > Swimmers of this group will have already matched qualification times for 2020 County Championships (times as above)
- > **Main Objective: qualify for the Regional Championships**
- > Other competitions will be competition tests and preparation which will be done without Terminal preparation

Expectations and Objectives of Competition

- > Being selected for a County team, Regional or National by age group
- > Finalling at main competitions
- > Medalling in major competitions
- > **Qualify for the Regional Championships for the next year and National Championships**

- > If any injuries occur, a discussion between the head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach.

SENIORS SQUAD

Entry Criteria for the SENIORS squad (year 2019-2020)

- > Born 2004-2001 (Aged 16-19 by 31st December 2020)
- > This squad is for swimmers of the described ages who have not achieved the criteria for another squad and/or don't want to be in another squad

Squad Goals

- > Attend 4 training sessions in water
- > **Main Objective: qualification for County Championships**

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

CADETS SQUAD (A & B)

Entry Criteria for the CADETS squad (year 2019-2020)

- > Born 2006-2005 (Aged 14-15 by 31st December 2020)
- > Must have achieved at least 2 times from the table below (25m or 50m) during the previous season (1st September 2018 - 5th August 2019) to be eligible to swim in CADETS Squad A
[times for Squad A are based on 2020 County Consideration times for 14 year old Girls]

BOYS & GIRLS	Year of Birth 2005-2006
25m or 50m Pool	M1/Bj2
50 Free	32.06
100 Free	01:11.71
200 Free	02:34.64
400 Free	05:16.04
800 Free	
50 Breast	42.28
100 Breast	01:34.32
200 Breast	03:18.95
50 Fly	37.06
100 Fly	01:22.50
200 Fly	03:19.42
50 Back	37.77
100 Back	01:21.40
200 Back	02:53.09
200 IM	02:58.20
400 IM	06:17.30

Squad Goals

- > Attend 5-6 training sessions in water
 - > Swimmers must participate in all competitions they are selected for: County, Region or National
 - > **Main Objective: qualify for County Championships**
 - > Additional Objective: qualify for East Region Championships
- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

BENJAMINS SQUAD (A & B)

Entry Criteria for the BENJAMINS squad (year 2019-2020)

- > Born 2008-2007 (Aged 12-13 by 31st December 2020)
- > Must have achieved at least 2 times from the tables below (25m or 50m) during the previous season (1st September 2018 - 5th August 2019) to be eligible to swim in BENJAMINS Squad A

[times for Squad A are based on 2020 County Consideration times for 12 year old Girls]

BOYS & GIRLS	Year of Birth 2007-2008
25m or 50m Pool	P2/Bj1
50 Free	34.92
100 Free	01:19.08
200 Free	02:51.24
400 Free	05:50.58
800 Free	
50 Breast	47.30
100 Breast	01:45.23
200 Breast	03:40.53
50 Fly	40.70
100 Fly	01:38.14
200 Fly	03:52.65
50 Back	41.80
100 Back	01:30.20
200 Back	03:09.20
200 IM	03:17.02
400 IM	06:58.99

Squad Goals

- > Attend 5-6 training sessions in water
- > Swimmers must participate in all competitions they are selected for: County, Region or National
- > **Main Objective: qualify for County Championships**
- > Additional Objective: qualify for East Region Championships

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

POUSSINS SQUAD

Entry Criteria for the POUSSINS squad (year 2019-2020)

- > Born 2010-2009 (Aged 10-11 by 31st December 2020)

ENTRY TRIAL CRITERIA (if not moving up from Avenirs)

- > 25 on each stroke - Time taken > better if under 28" for Butterfly, under 25" for Backstroke, under 30" for Breaststroke, under 22" for Freestyle
- > 25 Freestyle kick - Time taken > better if under 34"
- > 25 Dolphin kick - Time Taken > better if under 34"
- > 1 dive + gliding as far as possible - no movement allowed - Meters taken
- > 5m swim (flags to the wall) + tumble turn + 5m swim (wall to the flags) - Time taken
- > 6m under water - time taken

Squad Goals

- > Attend 3 training sessions in water
- > Swimmers in this group will participate in competitions that are necessary to qualify for the championships, such as Counties
- > Swim a 200M IM with 6 metres under water minimum for each stroke
- > Learn how to watch and use the pace clock and understand the time off
- > Swim 300m kick, non stop, in the streamline position, hands on the kickboard head down, breathe after 6 kicks minimum and fast breathing
- > Swim a 400M frontcrawl faster than 10 minutes - non stop - with constant speed
- > 15 metre under water fast dolphin kick
- > Swim 15 metres as fast as possible with the higher stroke rate as possible in each stroke
- > Know how to do the 4 correct turns and the Track and Grab start dives
- > Learn 8 Stretching exercises

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

AVENIRS SQUAD

Entry Criteria for the AVENIRS squad (year 2019-2020)

- > Born 2012-2011 (Aged 8-9 by 31st December 2020)

ENTRY TRIAL CRITERIA

- > Be in stage 6 minimum in Learn to swim
- > 25 Freestyle Kick - Time taken > better if under 40"
- > 25 Breaststroke Kick - Time taken > better if under 50"
- > Push off the wall - Gliding as far as possible - no movement allowed - Meters taken.
- > Be able to tumble turn in the middle of the pool front and back
- > Crouching dive
- > 15m on each swimming stroke - Time taken
- > 15m sculling - Time taken

Squad Goals

- > Attend 2-3 training sessions in water
- > Swim a 100 IM with 6 meters under water minimum for each stroke and faster than 2 minutes 30 seconds
- > Learn how to watch and use the pace clock and understand the time off
- > Swim 150m kick - non stop - streamline position, hands on the kickboard head down, breath after 6 kicks minimum and fast breathing
- > Swim 5 minutes - non stop - with a constant speed
- > 10m underwater fast dolphin kick into the wall
- > Swim 15 meters as fast as possible with the highest stroke rate as possible in each stroke
- > Know how to do the 4 correct turns and the Track and Grab start dives
- > Learn 4 Stretching exercises

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach