



KEY POINTS:

Movement between squads will be decided and communicated at the end of the current swimming season (late July 2020), 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 2019-2020 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 2020-2021)

- > Born 2007 or earlier (Aged 14 or older by 31st December 2021)
- > Must have achieved at least 2 times from the tables below (25m or 50m) during the previous season (September 2019 – July 2020)
[times are based on required 2020 Regional Qualifying Times for each age group]

Year of Birth					
WOMAN	2007	2006	2005	2004	2003 & Older
25m or 50m Pool	Bj2	M1	M2	C1	C2 &+
100 Free	01:05.79	01:03.42	01:02.32	01:01.31	01:00.40
200 Free	02:20.80	02:17.04	02:14.40	02:13.00	02:11.10
400 Free	05:04.03	04:48.21	04:43.69	04:43.00	04:38.71
800 Free	10:15.64	10:00.20	09:45.10	09:43.27	09:40.44
100 Breast	01:23.54	01:21.03	01:20.43	01:18.05	01:17.00
200 Breast	03:01.91	02:57.42	02:53.85	02:50.57	02:48.00
100 Fly	01:14.61	01:11.14	01:10.17	01:09.61	01:08.50
200 Fly	02:53.68	02:46.95	02:41.47	02:40.96	02:34.16
100 Back	01:14.18	01:11.54	01:10.00	01:09.42	01:08.50
200 Back	02:39.63	02:33.18	02:30.98	02:29.61	02:27.50
200 IM	02:42.74	02:36.16	02:32.12	02:32.00	02:30.00
400 IM	05:47.43	05:35.03	05:30.36	05:27.40	05:25.16

Year of Birth					
MAN	2007	2006	2005	2004	2003 & Older
25m or 50m Pool	Bj2	M1	M2	C1	C2 &+
100 Free	01:04.50	01:00.50	57.86	56.36	55.00
200 Free	02:20.49	02:11.66	02:07.00	02:03.97	02:00.00
400 Free	04:57.60	04:45.34	04:33.92	04:26.79	04:16.00
800 Free	10:14.70	09:52.10	09:32.70	09:16.10	09:03.30
100 Breast	01:24.27	01:19.08	01:15.27	01:13.00	01:10.00
200 Breast	03:01.67	02:51.55	02:45.81	02:43.21	02:37.00
100 Fly	01:13.37	01:09.04	01:05.47	01:02.44	01:01.00
200 Fly	03:01.67	02:45.28	02:32.89	02:26.30	02:19.00
100 Back	01:13.37	01:08.77	01:04.51	01:03.91	01:01.10
200 Back	02:39.91	02:31.27	02:23.50	02:20.80	02:14.00
200 IM	02:40.66	02:30.96	02:26.62	02:21.23	02:15.00
400 IM	05:42.68	05:27.70	05:18.12	05:07.68	04:59.00

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 Regionals and 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

MINIMES SQUAD

Entry Criteria for the MINIMES squad (year 2020-2021)

- > Born 2008-2005 (Aged 13-16 by 31st December 2021)
- > Must have achieved at least 2 times from the tables below (25m or 50m) during the previous season (September 2019 - July 2020)
[times are based on required 2020 County Qualifying Times for each age group]

WOMAN	Year of Birth			
	2008	2007	2006	2005
25m or 50m Pool	Bj1	Bj2	M1	M2
50 Free	32.64	31.05	29.96	29.67
100 Free	01:11.89	01:07.51	01:05.19	01:04.00
200 Free	02:35.67	02:23.23	02:20.58	02:18.30
400 Free	05:18.71	04:57.02	04:47.31	04:42.30
800 Free	11:29.09	10:15.00	09:52.95	09:47.00
50 Breast	43.00	40.00	38.44	38.24
100 Breast	01:35.66	01:29.71	01:25.75	01:22.50
200 Breast	03:20.48	03:09.19	03:00.86	02:58.48
50 Fly	37.00	34.00	33.69	32.46
100 Fly	01:29.22	01:18.94	01:15.00	01:12.29
200 Fly	03:31.50	03:04.00	03:01.29	02:53.70
50 Back	38.00	35.59	34.34	33.86
100 Back	01:22.00	01:15.44	01:14.00	01:12.55
200 Back	02:52.00	02:43.35	02:37.35	02:36.38
100 IM	01:22.54	01:18.00	01:15.00	01:14.00
200 IM	02:59.11	02:44.65	02:42.00	02:38.00
400 IM	06:20.90	05:45.00	05:43.00	05:37.52

MAN	Year of Birth			
	2008	2007	2006	2005
25m or 50m Pool	Bj1	Bj2	M1	M2
50 Free	32.66	30.88	28.58	27.25
100 Free	01:13.00	01:07.28	01:03.16	59.38
200 Free	02:37.00	02:27.29	02:17.77	02:13.77
400 Free	05:22.39	05:07.82	04:46.81	04:33.62
800 Free	10:40.50	10:14.70	09:52.10	09:32.70
50 Breast	43.52	40.38	37.40	35.94
100 Breast	01:35.70	01:30.00	01:23.00	01:17.76
200 Breast	03:23.73	03:15.00	03:02.05	02:56.66
50 Fly	37.09	33.84	32.38	30.32
100 Fly	01:29.00	01:22.49	01:12.74	01:08.63
200 Fly	03:38.00	03:33.00	02:59.09	02:37.05
50 Back	37.24	35.55	33.49	31.82
100 Back	01:23.10	01:16.55	01:11.94	01:09.66
200 Back	02:56.14	02:45.20	02:35.75	02:28.70
100 IM	01:23.51	01:19.03	01:13.00	01:10.17
200 IM	02:59.00	02:50.80	02:37.90	02:31.25
400 IM	06:10.19	06:07.78	05:29.28	05:16.17

Squad Goals

- > Attend 6-7 training sessions in water and 1 gym session per week
- > Swimmers must participate in all competitions they are selected for: County, Region or National
- > **Main Objective: qualify for the County, Regional and 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 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.

JUNIORS SQUAD

Entry Criteria for the JUNIORS squad (year 2020-2021)

- > Born 2007-2006 (Aged 14-15 by 31st December 2021)
- > Must have achieved at least 2 times from the table below (25m or 50m) during the previous season (September 2019 – August 2020)
[times are based on required 2020 County Qualifying Times for each age group]

BOYS & GIRLS	Year of Birth 2006-2007
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 6-7 training sessions in water and 1 gym session per week
- > 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

SENIORS SQUAD

Entry Criteria for the SENIORS squad (year 2020-2021)

- > Born 2005-2002 (Aged 16-19 by 31st December 2021)
- > 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 2-3 training sessions in water
- > **Main Objective: qualify 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

Entry Criteria for the CADETS squad (year 2020-2021)

- > Born 2007-2006 (Aged 14-15 by 31st December 2021)
- > 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 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 A & B SQUAD

Entry Criteria for the BENJAMINS squad (year 2020-2021)

- > Born 2009-2008 (Aged 12-13 by 31st December 2021)
- > 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
- > Benjamins A must have achieved at least 2 times from the table below (25m or 50m) during the previous season (September 2019 - July 2020)

BENJAMINS A BOYS / GIRLS	11/12 yrs (2008-2009)
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 2020-2021)

> Born 2012-2011-2010 (Aged 9-10-11 by 31st December 2021)

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 3-4 training sessions in water
 - > Swimmers in this group will participate in competitions that are necessary to qualify for 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