



Bishop's Stortford
Swimming Club

BSSC Squad Criteria 2025-26

Performance Plus Squad 14+ (13 Y/O National Swimmers may be considered)

Squad Objective – To provide a high-performance coaching environment for swimmers working towards National summer competitions. This squad emphasises technical precision, training discipline, and competitive progression, supporting athletes on their path to elite performance.

Qualification Criteria –

- Must have reached a Regional Championship final (individual event) within the past 12 months or qualified for British Swimming/National Championships in the current or previous season.
- Maintains monthly attendance levels as agreed with the lead coach, actively participates in race analysis and goal setting, and consistently engages in strength & conditioning.
- Consistently models club values through exemplary conduct, applies coaching feedback effectively, and takes proactive ownership of training through clear communication and reflective practice.

Squad Expectations –

- Swimmers must compete in all County, Regional, and National Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *

Senior Performance Squad 14+

Squad Objective – To provide a performance coaching environment for swimmers working towards County & Regional competitions. This squad supports the refinement of technical skills, training consistency, and competitive mindset - empowering athletes to progress confidently toward higher level competitions.

Qualification Criteria –

- Has achieved multiple County consideration or qualification times within the current or previous season, demonstrating competitive capability across selected strokes or distances.
- Maintains monthly attendance levels as agreed with the lead coach, contributes meaningfully to individual goal setting, and regularly reviews targets.
- Consistently models club values through exemplary conduct, applies coaching feedback effectively, and takes proactive ownership of training through clear communication and reflective practice.

Squad Expectations –

- Swimmers must compete in all County and Regional Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *



BSSC Squad Criteria 2025-26

Senior Competitive Squad 14+

Squad Objective – To provide a supportive training environment for swimmers competing at County level or seeking to maintain a high standard of fitness. This squad provides structured coaching with flexibility as well as empowering athletes to stay in the sport.

Qualification Criteria –

- Capable of completing 10×100m freestyle off 2:00 and demonstrates competence across all 4 strokes.
- Maintains monthly attendance levels as agreed with the lead coach
- Consistently models club values through exemplary conduct, applies coaching feedback effectively, and takes proactive ownership of training through clear communication and reflective practice.

Squad Expectations –

- Swimmers must compete in all County and Regional Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *

Age Group Performance Squad 11-14

Squad Objective - To provide a coaching environment for swimmers working towards County & Regional competitions. This squad focuses on developing strong technical foundations, competitive habits, and consistent training discipline - preparing athletes to progress confidently through the club pathway and pursue higher-level qualification in future seasons.

Qualification Criteria –

- Has achieved multiple County consideration or qualification times within the current or previous season, demonstrating competitive capability (County CT) across 400m Free and 200m IM.
- Maintains monthly attendance levels as agreed with the lead coach and demonstrates a willingness to learn, develop, and implement new skills in training sessions.
- Consistently models club values through exemplary conduct and applies coaching feedback effectively.

Squad Expectations –

- Swimmers must compete in all County and Regional Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *



BSSC Squad Criteria 2025-26

Age Group Competitive Squad 11-14

Squad Objective - To provide a supportive coaching environment for swimmers aiming to work towards County qualification and improve stroke technique. This squad focuses on developing strong technical foundations, competitive habits, and consistent training discipline.

Qualification Criteria –

- Has achieved licensed times in 200m Free, 100m Back/Breast/IM and 50m Fly.
- Maintains monthly attendance levels as agreed with the lead coach and demonstrates a willingness to learn, develop, and implement new skills in training sessions.
- Consistently models club values through exemplary conduct and applies coaching feedback effectively.

Squad Expectations –

- Swimmers must compete in all County Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *

Age Group Development Squad 11-14

Squad Objective - To provide a supportive coaching environment for swimmers aiming to work on improving stroke technique and developing their stamina. This squad focuses on developing strong technical foundations, competitive habits, and consistent training discipline.

Qualification Criteria –

- Has shown regular attendance at internal and external galas.
- Maintains monthly attendance levels as agreed with the lead coach and demonstrates a willingness to learn, develop, and implement new skills in training sessions.
- Consistently models club values through exemplary conduct and applies coaching feedback effectively.

Squad Expectations –

- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *



BSSC Squad Criteria 2025-26

Junior C Squad 9-11

Squad Objective - To provide a supportive coaching environment for swimmers aiming to work on improving stroke technique and developing their stamina. This squad focuses on developing strong technical foundations and consistent training discipline.

Qualification Criteria –

- To be competent in 200m Free, 50m Back, 50m Breast and 25m Fly.
- Has shown regular attendance at internal and external galas.
- Maintains attendance at 2 sessions per week as a minimum and demonstrates a willingness to learn, develop, and implement new skills in training sessions.

Squad Expectations –

- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model for the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *

Junior B Squad 9-12

Squad Objective - To provide a supportive coaching environment for swimmers aiming to work on improving stroke technique and developing their stamina. This squad focuses on developing strong technical foundations, competitive habits, and consistent training discipline.

Qualification Criteria –

- To be competent in 100m Back, 100m Breast, 50m Fly and 100m IM.
- Has shown regular attendance at internal and external galas.
- Maintains attendance at 2 sessions per week as a minimum and demonstrates a willingness to learn, develop, and implement new skills in training sessions.

Squad Expectations –

- Swimmers must compete in all County Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model for the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *

BSSC Squad Criteria 2025-26

Junior A Squad 9-12

Squad Objective - To provide a coaching environment for swimmers working towards County competitions as well working on improving stroke technique and developing their stamina levels. This squad focuses on developing strong technical foundations, competitive habits, and consistent training discipline.

Qualification Criteria –

- To be competent in 400m Free, 200m Back, 200m Breast and 200m IM.
- Has shown regular attendance at internal and external galas.
- Maintains attendance at 3 sessions per week as a minimum and demonstrates a willingness to learn, develop, and implement new skills in training sessions.
- Consistently models club values through exemplary conduct and applies coaching feedback effectively.

Squad Expectations –

- Swimmers must compete in all County Competitions.
- Compulsory participation in club championships and team galas.
- Follow the full competition fixture schedule as set by the coaching team
- Act as a positive role model within the club

***All criteria will be monitored by the coaching team. Swimmers who do not meet squad requirements will be informed of the specific area for improvement and provided an agreed timeframe set between the Head Coach and the swimmer/parents to meet the standard.**

All squad movements remain at the discretion of the Head Coach. *