



## **Squad Overview** **Youth Competitive**

### **Squad Aims & Objectives**

1. Enjoy all aspects of being a competitive swimmer.
2. Consistently show good commitment to the programme laid out by the lead coach.
3. Aim to reach the highest performance level based on individual ability & commitment level.

### **Squad Focus**

Swimmers in this squad will begin to specialise on strokes and/or distances upon progression in the squad. Swimmers entering the squad at the youngest age will keep a large variety in their training. There is always a heavy focus on perfecting stroke technique and kick.

### **Competition Programme**

Individual programme in discussion with the head coach to ensure swimmers are constantly working towards their goals in the sport.

Younger swimmers will keep a varied competition program to ensure holistic development.

Rushmoor Royals Home Galas

External galas following the competition programme



## Squad Selection Criteria

### *Age*

Male:	14 Years +
Female:	14 Years +
Ages are based on year ending of that specific season.	
Example: Sept 2023 – Aug 2024 Season, ages would be based of 31 <sup>st</sup> December 2024	

### *Performance*

#### **Accepted Criteria for Entry**

Achieve a Hampshire County Base Time but do not want to regular commit to the performance training schedule

#### **Consideration Criteria for Entry**

Swimmers wishing to compete regularly and are willing to progress towards being the best competitive swimmer they can be

### *Attitude & Commitment*

- A positive mind set and “can do” attitude
- Always adhere to the club values and be a role model to the younger squads
- Adhere to the swimmer code of conduct & parents code of conduct
- 100% Commitment to team events and the recognition that team success is of a higher importance than individual success at these events
- Regular attendance to Rushmoor Royal Home Galas

### *Pool Training Criteria*

- Consistently attending at least 70% of the agreed sessions as set out by the lead coach

### *Land Training Criteria*

- Commit to attending at least one land training session per week
- Wear club kit to all land training sessions
- Arrive at least 10 minutes before swim sessions for pre-pool
- Stay for at least 5 minutes after swim sessions for post-pool recovery



## Criteria for Squad Exit

- Lack of attendance at relevant competition requirements (Rushmoor Royal Home Galas)
- Attending competitions outside of the squad competition calendar without prior approval from the head coach
- Consistently not meeting the minimum required sessions for the squad
- Consistently unable to follow the training and/or competition program for the squad
- Training at other clubs or seeking additional coaching/technical advice outside the Head Coaches knowledge

## Pathways within the Club

Not meeting squad selection criteria	Move to Youth Club
Exceeding performance criteria	Move to Regional or Youth Performance
Squad positions are reviewed in: December / May / August	

All aspects of this squad overview are at the discretion of the Head Coach and the coaching team and may be waived or changed at any time without prior notice needed.