



Squad Overview **County Development**

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.
4. Look to progress towards achieving a Hampshire County Championship Base Time.
5. Continue along their path of the OADF (Optimum Athlete Development Framework)

Squad Focus

Swimmers in this squad will focus on developing all four strokes and their individual medley. There is always a heavy focus on perfecting stroke technique and kick whilst swimmers will also begin to develop their aerobic and speed backgrounds. Competitions programmes should be kept as varied as possible and swimmers must race in a range of events.

Competition Programme

50m Events in all strokes

100m Events in all strokes

200m Events in all strokes including Individual Medley

400m Individual Medley and Freestyle at discretion of the lead coach

Rushmoor Royals Home Galas

External galas following the competition programme up to and including Hampshire County Championships



Squad Selection Criteria

Age

Male:	11+ Years
Female:	11+ Years
Ages are based on year ending of that specific season.	
Example: Sept 2022 – Aug 2023 Season, ages would be based of 31 st December 2023	

Performance

Accepted Criteria for Entry

Achieve a Hampshire County Championships 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 team player
- 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 5 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

RUSHMOOR ROYALS SWIMMING CLUB



- 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 Club Squad
Exceeding performance criteria	Move to County Performance or Youth Competitive
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.