



## Detailed Squad Criteria 2017/2018

### Head Coaches Discretion

All squad movements will be at the discretion of the Head Coach. This document aims to detail the qualities monitored by the Head Coach that are used to position swimmers in each training squad. With many of our squads at full capacity, competition for places has never been tougher.

The main qualities used by the Head Coach for squad placements are:

- **Attendance** – Swimmers must attend the minimum number of sessions as set out in the squad criteria.
- **Competitions** – Swimmers in competitive squads must be regularly competing in open meets, Time Trials, Club Championships, or team galas as required.
- **Age** – Each squad has an age range.
- **Performance** – Swimmers that show a slow rate of progression compared with other squad members the same age may be removed from their squad to make space for superior performers.
- **Attitude/Work Ethic** – Swimmers must show a desire to work on coaching points.

## Squad Criteria

### 8-9 Pre-Development

This squad's purpose is to prepare our youngest age group for The National Junior League competition which takes place in April, May, and June every year. Coaches will aim to develop technique on all 4 competitive strokes, and teach racing starts, turns, and finishes. Coaches teach the importance of streamline push offs and correct underwater phases.

- Must be age 9 at the end of June the following year
- Must attend 2 sessions weekly minimum
- They must have 4 legal strokes
- Swimmers must be attentive in sessions and show an eagerness to improve
- Swimmers must take part in bi-monthly 50m Time Trials
- The best swimmers from this squad will progress to Development Squad, the rest will move to Pre-Development.

Equipment Needed: Water Bottle

### Pre-Development

This is the starting squad for new swimmers joining Anaconda's main club from the teaching programme. The aim of this squad is to prepare swimmers to compete in 50m, 100m, and 200m events with competent legal strokes. Coaches will continue to develop technique on all 4 competitive strokes, racing starts, turns, and finishes. Swimmers will learn to use the pace clock.

- Ages 10 – 12
- Must attend 2 sessions weekly minimum
- They must have 4 legal strokes
- Swimmers must take part in monthly Time Trials and Bi-Annual Club Championships
- Must take part in at least 2 open meets per year (Development Meets)

- The best swimmers in this squad will progress to Development Squad

Equipment Needed: Water Bottle

## **Development**

This squad is the first competitive squad in our main club. Swimmers are expected to show a level of commitment to competitive swimming and will be prepared for all events up to 200m, including the Individual Medley. Coaches will aim to build endurance, speed, technical skills and stroke development.

- Ages 9 – 11.
- Must attend 3 sessions per week minimum
- They must have at least 3 competent strokes, and 4 legal
- Swimmers must take part in monthly Time Trials and Bi-Annual Club Championships
- Must take part in at least 3 open meets per year (Development/County Meets)
- Must take part in team competitions when invited (Junior League, Arena League, Graded galas)
- Swimmers should aspire to Development and County Level qualifying times
- The best swimmers will progress to Junior Performance B.

Equipment: Kick Board, Fins, Hand Paddles, Pull Buoy, Water Bottle.

## **Junior Performance B**

This squad houses our most promising young committed swimmers. Swimmers are expected to regularly compete in a range of events and distances at open meets, ideally at County level and above. Coaches will continue to develop technical ability, with an increased focus on building physical strength and power. Race strategy will be regularly taught.

- Ages 10 – 12.
- Must attend 3 sessions per week minimum however are expected to make more
- They must have at least 3 strong strokes, and 1 competent

- Swimmers must take part in monthly Time Trials and Bi-Annual Club Championships
- Must take part in at least 4 open meets per year (County/Regional Meets)
- Must take part in team competitions when invited (Junior League, Arena League, Graded galas)
- Swimmers should aspire to County Level qualifying times and above
- The best swimmers will progress to Junior Performance A

Equipment: Kick Board, Fins, Hand Paddles, Pull Buoy, Snorkel, Water Bottle.

### **Junior Performance A**

The natural progression from JPB, this squad is for our fastest swimmers who are at Regional level or close to achieving Regional qualifying times. Swimmers should have very high training standards and aspirations to fulfil their potential. They will have tough, positive mental attitudes. Coaches will aim to further increase emphasis on building the swimmers physical capabilities needed for race speed.

- Ages 12 – 14.
- Must attend 4 sessions per week minimum however are expected to make more
- Swimmers are expected to supplement their pool sessions with land training poolside
- Swimmers must take part in monthly Time Trials and Bi-Annual Club Championships
- Must take part in at least 4 open meets per year (County/Regional/National Meets)
- Must take part in team competitions when invited (Arena League, open meet relays)
- Swimmers should aspire to Regional Level qualifying times and above
- The best swimmers will progress to Performance

Equipment: Kick Board, Fins, Hand Paddles, Pull Buoy, Snorkel, Water Bottle.

## **Performance**

This is our top squad accommodating our most talented athletes. Swimmers should have multiple Regional qualifying times and be aiming for National qualification in their strongest events. Swimmers in this squad should be great role models to the younger athletes, leading by example. They should have great time management that allows them to juggle school work and training requirements. Coaches will fine tune technique and emphasise the importance of paying attention to detail.

- Ages 13+
- Must attend 5 sessions per week minimum however are expected to make as many as possible
- Swimmers are expected to supplement their pool sessions with land training poolside
- Swimmers are given the opportunity to specialise in strokes and events
- Swimmers must take part in Bi-Annual Club Championships
- Must take part in at least 4 open meets per year (County/Regional/National Meets)
- Must take part in team competitions when invited (Arena League, open meet relays)
- Swimmers should aspire to final at Regional's and National qualification

Equipment needed: Kick Board, Fins, Hand Paddles, Pull Buoy, Snorkel, Water Bottle.

## **Performance B**

This squad is for competitive swimmers who cannot commit to the training requirements of our top Performance squads. It is also for swimmers who cannot make the set turnaround times in the other squads. Swimmers must have a strong desire to improve for competition and high training standards.

- Ages 13+
- Must attend 3 sessions per week minimum however are expected to make as many as possible
- Swimmers are expected to supplement their pool sessions with land training poolside
- Swimmers are given the opportunity to specialise in strokes and events
- Swimmers must take part in monthly Time Trials and Bi-Annual Club Championships
- Must take part in at least 4 open meets per year (County/Regional Meets)

- Must take part in team competitions when invited (Arena League, open meet relays)
- Swimmers should aspire to the highest level of competition they are capable of achieving

Equipment: Kick Board, Fins, Hand Paddles, Pull Buoy, Snorkel, Water Bottle.

### **Club Squad (Youth + Senior)**

This squad is for those who cannot fully commit to swimming, or those who swim for fitness rather than competition. It may also house swimmers who are not performing on par with others their age when the club is at full capacity. This squad is divided by age: under 13's (Youth) and 13+ (Senior). Coaches will aim to improve technique, speed, endurance, and race skills.

- Swimmers must be capable of swimming all four competitive strokes and must be able to keep up with the training sets of the squad, as set by the coaches.
- Swimmers are not expected to compete however they are encouraged to do so.
- There is no minimum training requirement, however if a swimmer would like to progress into a competitive squad they must have high attendance and compete regularly
- Swimmers are expected to complete the training sets as the coach requests

Equipment: Kick Board, Fins, Hand Paddles, Pull Buoy, Water Bottle.

Squad	Age Range	Minimum session per week*	Ideal number sessions per week	Should have achieved	Target Qualifying Level
Pre-Development	10-12	2	3+	Sub 245 secs (combined 50's)	Development Meet
Development	9-11	3	4+	Sub 225 secs (combined 50's)	Development/ County
Junior Performance B	10-12	3	4-5	County QT's	County
Junior Performance A	12-14	4	6-7	Multiple County QT's	Regional
Performance	13+	5	8	Regional QT's	National
Performance B	13+	3	4-5	N/A	County
Club Squad Youth	9-12	N/A	N/A	N/A	N/A
Club Squad Senior	13+	N/A	N/A	N/A	N/A

\*Swimmers that do not make the minimum number of sessions for their squad risk losing their place. High attendance is a priority for those who wish to compete with the best.