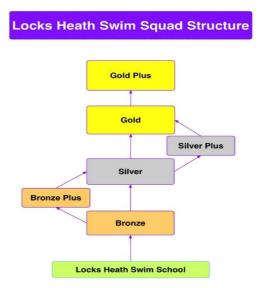


## Squad Structure, Criteria and Exit Policy

## **Squad Structure**



## Squad Criteria

Squad/		Age	Pool	Land				Kit
Monthly	Objective	Guide at	hours/	hours/	Attendance	Attitude	Performance	Required
Fees		<b>31 Dec</b>	week	week			<u> </u>	DOO!
Gold	To train and compete with	12 years	9	1	High attendance	Swimmers will	Swimmers are	POOL
Plus	high commitment . To	+			is expected at	have the desire	expected to	Hat (2)
	qualify and compete in				pool training, land	to improve and	complete all	Goggles (2)
£75	individual and relay events				training and	achieve.	training	Drink bottle 1L
L/J	at the Hampshire County				competition.	Swimmers	sessions to the	Kickboard
	Championships and South				If regularly below	must have a	best of their	Pullbouy
	East Regional				85% swimmer	high level of	ability using	Band
	Championships.				may be asked to	self-motivation	skills set by	Fins
					leave Gold Plus	and ability to	coach (i.e. <i>,</i> no	Paddles
					squad.	take	breathing	Snorkel
						responsibility	zones,	
					Swimmers must	for	streamlining	
					demonstrate high	performance,	and dolphin	LAND
					attendance in	lifestyle, and	kicks).	Appropriate clothing
					Gold Squad	attendance.	Swimmers	Appropriate footwear
					before being	Swimmers will	should be	Drink bottle 1L
					considered for	be good team	aiming to	Mat
					Gold Plus.	players and	qualify and	Skipping Rope
						show a positive	compete at a	
						attitude to set	range of events	
						a great	at County	
						example to	Championships.	
						swimmers in	Swimmers	
						other squads.	should be	
							competing in a	

						Swimmers will know their PB's, set targets, and strive to be the best swimmer they can be. Swimmers will be keen to compete in distance events when suggested by Head Coach.	wide range of events at licensed Meets as well as racing at team galas. Swimmers should be competing both days at two day Meets.	
Squad/ Monthly Fees	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Gold</b> £70	To train and compete with high commitment . To qualify and compete in individual and relay events at the Hampshire County Championships.	11 years +	7.5	1	High attendance is expected at pool training, land training and competition. If regularly below 80% swimmer may be asked to leave Gold squad.	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and ability to take responsibility for	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining	POOL Hat (2) Goggles (2) Drink bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel

						performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude to set a great example to swimmers in other squads. Swimmers will know their PB's, set targets, and strive to be the best swimmer they can be. Swimmers will be keen to compete in distance events when suggested by Head Coach.	and dolphin kicks). Swimmers should be aiming to qualify and compete at a range of events at County Championships. Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas. Swimmers should be competing both days at two day Meets.	LAND Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
Squad/ Monthly Fees	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required

Silver	To enable swimmers to	10-12	5.25	1	High attendance	Swimmers will	Swimmers are	POOL
	continually develop to	years			is expected at	have the desire	expected to	Hat (2)
Plus	reach the standard for				pool training, land	to improve and	complete all	Goggles (2)
	promotion to Gold Squad				training and	achieve.	training	Drink Bottle 1L
£66					competition.	Swimmers	sessions to the	Kickboard
	To provide a short-term				If regularly below	must have a	best of their	Pullbouy
	transition between Silver				80% swimmer	high level of	ability using	Band
	Squad and Gold Squad.				may be asked to	self-motivation	skills set by	Fins
					leave Silver Plus	and ability to	coach (i.e. <i>,</i> no	Paddles
					squad.	take	breathing	Snorkel
						responsibility	zones,	
						for	streamlining	
						performance,	and dolphin	LAND
						lifestyle, and	kicks).	Appropriate clothing
						attendance.	Swimmers	Appropriate footwear
						Swimmers will	should be	Drink bottle 1L
						be good team	aiming to	Mat
						players and	qualify and	Skipping Rope
						show a positive	compete at a	
						attitude.	range of events	
						Swimmers will	at County	
						learn their	Championships.	
						PB's, set	Swimmers	
						targets, and	should be	
						strive to be the	competing in a	
						best swimmer	wide range of	
						they can be.	events at	
							licensed Meets	
							as well as	

							racing at team	
			-				galas.	
		Age	Pool	Land			_	Kit
Squad	Objective	Guide at 31 Dec	hours/ week	hours/ week	Attendance	Attitude	Performance	Required
Silver	To train and compete with	10-12	3.75	0.5	High attendance	Swimmers will	Swimmers are	POOL
	high commitment. To	years			is expected at	have the desire	expected to	Hat (2)
£64	aspire to qualify and				pool training, land	to improve and	complete all	Goggles (2)
-	compete in individual and				training and	achieve.	training	Drink Bottle 1L
	relay events at the				competition.	Swimmers	sessions to the	Kickboard
	Hampshire County				If regularly below	must have a	best of their	Pullbouy
	Championships.				75% swimmer	high level of	ability using	Band
					may be asked to	self-motivation	skills set by	Fins
					leave Silver squad.	and learn to	coach (i.e. <i>,</i> no	LAND
						take	breathing	Appropriate clothing
						responsibility	zones,	Appropriate footwear
						for	streamlining	Drink bottle 1L
						performance,	and dolphin	Mat
						lifestyle, and	kicks).	Skipping Rope
						attendance.	Swimmers	
						Swimmers will	should be	
						be good team	competing in a	
						players and	wide range of	
						show a positive	events at	
						attitude.	licensed Meets	
						Swimmers will	as well as	
						learn their	racing at team	
						PB's, set	galas.	
						targets, and		
						strive to be the		

						best swimmer they can be.		
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Bronze Plus	To enable swimmers to continually develop to reach the standard for promotion to Silver Squad. To provide a short-term transition between Bronze Squad and Silver Squad.	9-11 years	3.25	0	High attendance is expected at training and competition. If regularly below 75% swimmer may be asked to leave Bronze Plus squad	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and learn to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (ie no breathing zones, streamlining and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band Fins

Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	strive to be the best they can. Attitude	Performance	Kit Required
<b>Bronze</b> £60	Introduce swimmers to competitive swimming. Develop all strokes and skills. Learn to train. Learn the rules. Develop endurance.	8-11 years	2	0	Swimmers expected to attend all training sessions, Time Trials, and relevant competition.	Swimmers expected to show a strong desire to improve skills and technique. Swimmers expected to be a good team player.	Swimmers are expected to complete all training sessions to the best of their ability. Swimmers should be competing in all relevant galas as well as some Level 3	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Fins

## Squad Exit Policy

If swimmers are regularly unable to attain the Attendance, Attitude and Performance standards for their squad and/or are consistently late to sessions the following action will be taken:

- 1. Lynda will speak to the swimmer and the reason for low attendance/ attitude/performance explored. An improvement plan will be agreed between both parties.
- 2. If attendance/attitude/performance does not improve over the next month, as agreed in step 1, a meeting will be held with Lynda, swimmer, and parent to discuss the way forward.
- 3. If after 2 months no significant improvement is seen the swimmer may be asked to move down a squad.

All swimmers must accept these criteria as part of Annual Membership.