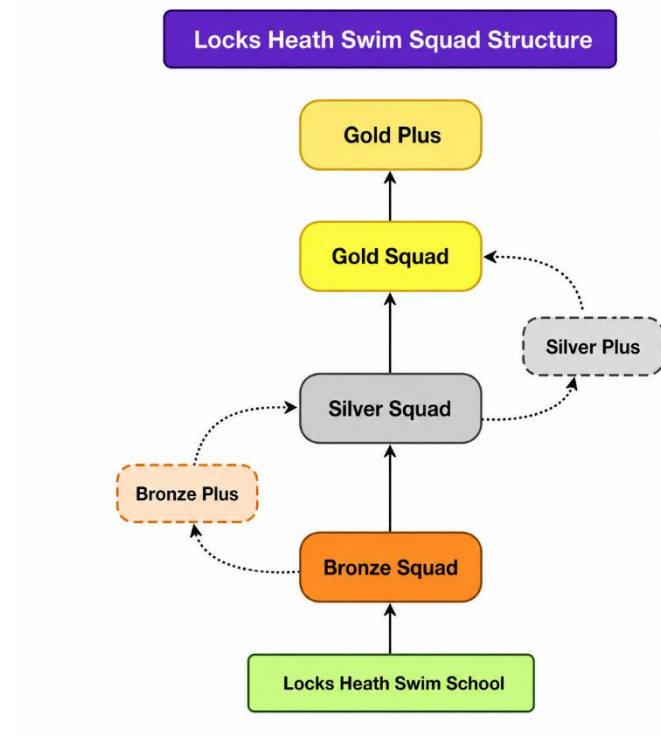




Squad Structure, Criteria and Exit Policy



Squad Criteria

Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Gold Plus	To train and compete with high commitment. To qualify and compete in individual and relay events at the Hampshire County Championships. To target Regional Qualification.	12 years +	8.5	1	High attendance is expected at pool training, land training and competition. If regularly below 85% swimmer may be asked to leave Gold Plus 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 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.	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 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.	<u>POOL</u> Hat (2) Goggles (2) Plastic Drink bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel <u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required

Gold	To train and compete with high commitment . To qualify and compete in individual and relay events at the Hampshire County Championships.	11 years +	7.0	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 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.	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 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.	<u>POOL</u> Hat (2) Goggles (2) Plastic Drink bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel <u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
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Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Silver Plus	To enable swimmers to continually develop to reach the standard for promotion to Gold Squad To provide a short-term transition between Silver Squad and Gold Squad.	11-13 years	5.25	1	High attendance is expected at pool training, land training and competition. If regularly below 80% swimmer may be asked to leave Silver Plus 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 performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude.	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 and dolphin kicks). Swimmers should be aiming to qualify and compete at a range of	<u>POOL</u> Hat (2) Goggles (2) Plastic Drink Bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel

						Swimmers will learn their PB's, set targets, and strive to be the best swimmer they can be.	events at County Championships. Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	<u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
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Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Silver	To train and compete with high commitment. To aspire to qualify and compete in individual and relay events at the Hampshire County Championships.	11-13 years	3.75	0.5	High attendance is expected at pool training, land training and competition. If regularly below 75% swimmer may be asked to leave Silver 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 strive to be the best swimmer they can be.	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 and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	<u>POOL</u> Hat (2) Goggles (2) Plastic Drink Bottle 1L Kickboard Pullbouy Band Fins <u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope

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.	9-11 years	3.25	0	High attendance is expected at training and competition. If regularly below 75%	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and learn to	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (ie no breathing zones,	Hat (2) Goggles (2) Plastic Drink Bottle 1L Kickboard Pullbouy Band

	To provide a short-term transition between Bronze Squad and Silver Squad.				swimmer may be asked to leave Bronze Plus squad	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 strive to be the best they can.	streamlining and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	Fins
Squad	Objective	Age Guide at 31 Dec	Pool hours/week	Land hours/week	Attendance	Attitude	Performance	Kit Required
Bronze	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 and Level 3/4 Meets.	Hat (2) Goggles (2) Plastic 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.