

Youth A Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday*	Saturday
AM	08.00 - 09.00						
PM	08.30 - 09.30		08.00 - 10.00	08.30 - 09.30	07.00 - 09.00	08.00 - 09.00	

*Friday is at Loughborough University, swimmers signup on board

Land training	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM	07.50 - 08.20		07.00 - 08.00		07.50 - 08.20		

Total pool time: 8

Total land time: 2

Total training: 10 (with extra hour on Friday)

Entry Requirements

- Achieving a broad range of County qualifying times
- Commitment to 75% of training allocation each week (7.5 hours eventually)
- Commitment to Speedo League and Sports Centre galas
- Commitment to County Championships
- Commitment to Midland/National Championships (if qualified)
- Focussed and motivated to train and compete

Notes

- Squad size limited to 10 - 12 maximum
- Second hour on Tuesday to be limited to 6

Age Group A Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday*	Saturday
AM	08.00 - 09.00						
PM	08.30 - 09.30		08.00 - 09.00	08.30 - 09.30	07.00 - 09.00	08.00 - 09.00	

*Friday is at Loughborough University, swimmers signup on board

Land training	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM	07.50 - 08.20		07.00 - 08.00		07.50 - 08.20		

Total pool time: 7

Total land time: 2

Total training: 9

Entry Requirements

- Achieving at least one County qualifying time at 50M and 200M in any stroke (100M sometimes considered)
- Commitment to at least 3 pool time sessions per week
- Commitment to 75% of all selected gala's
- Commitment to County Championships
- Focussed and motivated to train and compete

Notes

- Feeds directly to Elite A
- Initial group of swimmers will be re-assessed after a 6 week induction period of new rules
- Age ranging from 10 - 17

A Squad - Juniors

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM	08.30 - 09.30		08.00 - 09.00	08.30 - 09.30	08.30 - 10.00		

Total training: 4.5

Entry Requirements

- Commitment to at least 3 pool time sessions per week
- Commitment to 75% of all selected gala's
- Commitment to County Championships
- Focussed and motivated to train and compete
- Achieving Bronze or better in badge gala's (10 yrs 50M, 9 and under 25M)

Notes

- Feeds directly to Age Group A squad and Nova development
- Age ranging from 8 - 10, must be competing in the following years County Championships

B Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday*	Thursday**	Friday	Saturday
AM							
PM	07.45 - 08.30	08:30 - 21:30	07.15 - 08.00	08.30 - 09.30	07.00 - 09.00		

* By invitation

** 12 and under 7.00 - 8.00, 12 and over 8.00 - 9.00

Total pool time: 3.5 - 4.5

Entry Requirements

- Commitment to at least 2 sessions per week
- Commitment to all selected gala's
- Commitment to B grade open meets
- Commitment to badge gala's
- Focussed and motivated to train and compete

Notes

- Looking to progress to A squad given sufficient time and maturation
- Swimmers need to have a minimum of 4 good strokes, performed to competition standard
- Progress through B squad will be decided on through collaboration between squad coaches

Club Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM		08.30 - 09.30		08.30 - 09.30	08.00 - 09.00		

Total pool time: 3

Entry Requirements

- Attending at least 1 session per week

Notes

- Sessions are focussed on keeping fit and a more social aspect to swimming, rather than competitive requirements
- Swimmers are invited, but not required to attend Badge Galas and will be invited to other occasional events
- Swimmers may be entered into Club Squad if a specific stroke or area of development must be worked on

C Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM	07.00 - 07.45		06.30 - 07.15			08.00 - 09.00	

Total pool time: 2.5

Entry Requirements

- Attending both sessions each week
- Focussed and motivated
- Can perform a legal Frontcrawl, Breastroke and Backstroke over a minimum of 50M
- Can perform a legal Butterfly over 25M

Notes

- No specific stipulation on age but it is expected the main base of swimmers will be between 6 and 11 years old
- Focus of sessions are on the teaching of swimming, with a view to progressing to a competitive level
- Progress through C squad will be decided on through collaboration between squad teachers

D Squad

Training Allocation

Pool time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	08.00 - 09.00						
PM					07.00 - 08.00	08.00 - 09.00	

Total pool time: 3

Entry Requirements

- Attending both sessions each week
- Focussed and motivated
- Can perform a legal Frontcrawl, Breaststroke and Backstroke over a minimum of 25M
- Can perform a legal Butterfly for a minimum of 5 strokes

Notes

- No specific stipulation on age but it is expected the main base of swimmers will be between 6 and 11 years old
- Focus of sessions are on the teaching of swimming, to have fun and provide initial immersion into club swimming