

# HIGH-PERFORMANCE SQUADS CRITERIA 2020



## **CRAWLEY SWIMMING CLUB** **AGE GROUP SQUAD CRITERIA** **12-15 years (Guidance Only)**

Head Coach: Will Philpot

### **OBJECTIVES**

To provide an environment for swimmers to compete and train at the highest level. Swimmers will be targeting the English Summer Championships, British Summer Championships and British Championships (trials)

### **ENTRY REQUIREMENTS**

1 x Automatic qualifying time for Swim England Regional Swimming Championships and 200 IM Sussex County Qualifying Time.

#### **AND**

Complete the following Test Set: 20 x 100 Freestyle @ 1:35 & 10 x 100 IM's @ 1:45

#### **AND**

Have an attendance of 85% or above for all agreed training sessions in current squad.

#### **AND**

Born between 2008-2005.

Note: other swimmers may be considered at the discretion of the Head Coach.

### **TRAINING**

Swimmers **MUST** maintain pool training sessions together with land-based sessions as recommended by the Head Coach.

<b>SESSIONS</b>	<b>POOL (AM)</b>	<b>POOL (PM)</b>
MON	6am – 7.30am	6pm – 8pm
TUE	6am – 7.30am	6pm – 8pm
WED	6am – 7.30am	
THUR		6pm – 7.45pm
FRI	6am – 7.30am	6pm – 7:30pm
SUN	7.30am – 9.30am	

### **TRAINING PERFORMANCE**

Individuals must be committed to a positive work ethic maintaining performance levels at all sessions and be capable of managing the demands of training in a high-class environment.

### **ATTITUDES**

Swimmers are expected to take responsibility for performance in competitions and training. Maintain respect for other club members, coaches, volunteers and officials as well as facility users understanding they are always representing the club and should abide by the Club **"code of conduct"**.

### **COMMITMENT**

Swimmers are required to attend a minimum of 85% of all agreed training sessions (unless otherwise agreed by the Head Coach). Swimmers will be committed to a positive team mindset and will be encouraging and supportive of teammates both in and out of the pool. Other external commitments (education not withstanding) must be discussed with and approved by the Head Coach.

### **SWIM MEETS**

Swimmers are required to fully adhere to the competition calendar (unless otherwise agreed by the Head Coach). Including: Club Championships, County, Regional & National Championships. Arena League & Sussex League.