

# CRAWLEY SWIMMING CLUB SQUADS CRITERIA 2020



## CRAWLEY SWIMMING CLUB SENIOR SQUAD CRITERIA

**14 -18 years old (Guidance Only)**

Lead Coach: Tom Baxter

### OBJECTIVES

To provide an environment for swimmers to compete and train. Swimmers will be targeting the Sussex County Championships & South East Regions

### SQUAD GUIDELINES

3x County Qualifying Times in any event

#### AND

Meet the minimum Post Grad and Junior Squad Guidelines

#### AND

Complete a test set designed and prescribed by the Lead Coach

#### AND

Be able to complete a legal 200 IM

#### AND

Born between 2002-2006.

Note: other swimmers may be considered at the discretion of the coaching team.

### TRAINING

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

SESSIONS	POOL (AM)	POOL (PM)
MON	6am – 7.00am	
TUE	6am – 7.00am	8pm – 8.45pm
WED		7.30pm – 9pm
THUR		7.45pm – 8.45pm
FRI	6am – 7.00am	7.30pm – 9pm

### 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.

### 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

We recognise swimmers in Senior squad have other commitments outside of CSC. However, we do recommend an attendance rate of 75% in order to make consistent progress. Swimmers will be committed to a positive team mindset and will be encouraging and supportive of teammates both in and out of the pool.

### SWIM MEETS

Swimmers are required to adhere to Championship events (counties and regions) (unless otherwise agreed by the squad coach) as well as represent the club in team events. Including: Club Championships, County, Regional Championships. Arena League, Sussex League & Sussex Relays.