



COUNTY DEVELOPMENT SQUAD -details and criteria

Swimmer, parents, committee members and coaches are all expected to comply with County Development Squads Code of Conduct and at all times conduct and behave to the highest standards.

AIMS:

Provide the opportunity for Age Group swimmers (9-12 boys 9-11 girls) within the County to:

- Gain positive experiences by learning and training together.
- Compliment the swimmers Satellite Club training programmes.
- Swimmers in Regional / County finals and achieve medals
- Swimmers on County Programmes

OBJECTIVES:

- Develop technique on all four strokes.
- Development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Development of Individual Medley skills.
- Development of basic speed.
- Develop & implement appropriate competition plan.
- Knowledge relating to basic swimming mechanics.
- Development of appropriate behaviour and responsibilities within a training and group environment.
- Develop greater individual responsibility for swimming commitment and performance.

COMMITMENT CRITERIA

- Swimmers must compete only in competitions/meets directed by the County Development Coach **(If a swimmer enters any competitions/meets outside the squads competition plan the swimmer shall enter such competitions/meets in the name of their Satellite Club)** Swimmers must wear County Development Squad branded clothing/kit, whilst competing/representing the County Development Squad.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the County Development, Satellite Club commitment.
- Swimmers must show demonstrable progress towards achieving the County Development Squad Objectives.
- Swimmers must maintain two Development Squad entry times relevant to their age.
- Having all of the above does not mean automatic selection.

Swimmers must strive to progress to the County Talent Squad which should normally be achieved by the time they reach 11 years for females and 12 years for males, but provided the swimmer is showing demonstrable progress towards the County Talent Squad standard and training space permits the following concessions may be granted at the COLSC Head Coaches and County Development Coaches discretion:

- Females will be given to end of season swimming 12 yrs at Midland Age Group Championships
- Males will be given to the end of season swimming 13 yrs at Midland Age Group Championships

ENTRY CRITERIA

All swimmers must have: 2 County Development Squad Entry Times (age at Midland Age Group champs)
 Competed in County Championships/Licensed Meets where their age permits
 Fully complied with satellite squad criteria
 Signed, dated and returned the County Talent Squad agreement form by the date stated.

The County Development Squad Entry Times must be achieved by the Midland Age Group Championships (of the championships preceding the September entry). At the Development coaches discretion a swimmer may be retained/invited if they fail to reach this standard entry criterion by the time of the Midland Age group Championships but manage to reach entry times by the last meet of the season. This concession will NOT be granted where attendance is below acceptable levels for avoidable reasons or where the space is required by another swimmer moving up the talent pathway.

All swimmers must be a paid up member of a Leicestershire Satellite Swimming Club.

Swimmers will be aged:	Female	9 – 11 years as at Midland Age Group Championships
	Male	9 - 12 years as at Midland Age Group Championship

EXIT CRITERIA

- Unable to attain/maintain the relevant County Talent Squad Entry Times at ages: female 11yrs (discretionary 12), male 12yrs (discretionary 13). Ages as at Midland Age Group Championships.
- Consistently unable to maintain the County Development Squad commitment criteria and/or Satellite Club training commitment.
- Showing no demonstrable progress towards achieving the County Development Squad Objectives.
- Return to your Satellite Club as directed by the LASA County Development Coach
- Exit months are December & August in each competition season.

MOVEMENT CRITERIA

- Swimmers can be moved into other County or COLSC squad's dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the County Development Coach and all squad coaches will work together to ensure the best planning for the individual swimmer (please see the relevant squads entry criteria)
- A swimmer can be asked to leave the squad at anytime because they do not meet/maintain the "Entry / Commitment Criteria" although formal reviews will be undertaken in December & August in each competition season.

LASA COUNTY DEVELOPMENT SQUAD ENTRY CRITERIA 2010

MALE					FEMALE		
Age as at Regional Age Champs					Age as at Regional Age		
9yrs	10yrs	11yrs	12yrs		9yrs	10yrs	11yrs
				50m Free			
1:27.6	1:19.0	1:14.4	1:09.9	100m Free	1:29.0	1:20.8	1:15.2
3:06.9	2:50.9	2:41.4	2:32.1	200m Free	3:09.1	2:52.1	2:42.0
6:46.6	5:59.8	5:37.3	5:19.1	400m Free	6:53.4	6:04.9	5:36.9
14:12.7	12:48.4	11:55.2	11:09.7	800m Free	14:11.8	13:00.8	11:36.4
26:58.3	24:40.7	22:45.7	21:01.3	1500m Free	27:23.5	25:06.5	22:23.8
1:54.7	1:43.2	1:35.8	1:29.7	100m Breast	1:55.4	1:44.1	1:35.9
3:58.6	3:40.8	3:25.9	3:13.7	200m Breast	4:01.4	3:41.4	3:25.8
1:45.8	1:31.7	1:23.9	1:18.4	100m Fly	1:47.2	1:31.9	1:24.3
3:50.6	3:20.9	3:03.8	2:53.0	200m Fly	3:54.5	3:23.8	3:05.6
1:38.8	1:30.5	1:23.9	1:19.0	100m Back	1:41.0	1:31.0	1:24.2
3:27.1	3:10.7	2:58.9	2:48.9	200m Back	3:29.5	3:12.7	2:58.2
3:31.8	3:15.5	3:02.8	2:52.6	200m IM	3:34.3	3:16.2	3:02.9
7:38.0	7:00.3	6:27.8	6:04.4	400m IM	7:35.9	7:00.3	6:25.8

These times form part of the County Development Squad entry/ongoing criteria and will be revised annually. Times to be achieved in National, Regional, Open Meets, County Championships, League or Inter Club Competitions including the mini meet series run by LASA. No Time Trials. Swimmers are required to obtain and maintain a minimum of two of the above entry times.