



## COUNTY TALENT SQUAD-details and criteria

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

### **AIMS:**

Provide the opportunity for Age Group swimmers (11-13 females, 11 -14 males) within the County to:

- Gain positive experiences by learning and training together.
- Swimmers in Regional / County finals and achieve medals.
- Swimmers on Regional and County Programmes.

### **OBJECTIVES:**

The Squad objectives are to provide an environment where each swimmer can

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

### **COMMITMENT CRITERIA:**

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum of 5 pool & 2 land training sessions per week ( Or the minimum specified by the County Development Coach to each individual).
- Attendance must be a minimum of 90% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the County Development Coach
- Swimmers must wear County Talent Squad branded clothing/kit, whilst competing/representing the County Talent Squad. **(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)**
- All swimmers must compete in all National and Regional Championships in which they qualify unless instructed otherwise by the County Development Coach
- Swimmers must maintain ONE standard entry time ( see table below)
- Swimmers must have competent all round technical abilities and skills.
- During exam periods, swimmers must discuss and agree a minimum training commitment..
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the County Agreement Form by the date stated.

- Be considerate of County and COLSC members and other swimmers at all times
- Strive to maintain and improve the minimum Squad entry criteria
- Show demonstrable progress towards achieving the Squad objectives

From June of each year all places in the County Talent squad shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria, the swimmers place in the squad may, at the discretion of the County Development Coach, who will act reasonably based upon the circumstances, be retained. The County Development Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place and this will be reviewed at a given time.

### **ENTRY CRITERIA**

- A minimum of ONE standard entry time, which must be swam in a licensed meet (i.e. National, Regional, County Champs or an Open meet). The squad entry times must be achieved by the Midland Age Group Championships. At the Development coaches discretion a swimmer may be retained if they fail to reach this squad entry time 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.
- Consistently maintained previous County Development/Talent squad training/competition commitment.
- Fully complied with previous County Development squad criteria and/or Satellite Club criteria.
- All swimmers must be 11yrs and over. The age is based upon their age as at the final day of the ASA Midlands Region "Age Group Championships", which are held in June of each year
- Be fully committed to County Talent Squad aims and objectives.
- Must be fully paid member of a Leicestershire satellite club
- Maintain an up to date log book
- Signed and return the "Agreement form" confirming receipt of County Talent Squad Policies and Guidelines, Charters, Code of Conduct, Equity Statement, Constitution and Anti – Bullying Policy.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the County Talent squad and all squad placement and movement is at the County Development Coaches discretion. However if swimmer numbers exceed places in any given swim year advice may be sought from the COLSC Head Coach on final selection for the squad.

### **EXIT CRITERIA**

- Unable to attain the relevant Standard Entry Times.
- Consistently unable to maintain the County Talent Squad training commitment.
- Consistently unable to maintain the County Talent Squad competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Return to your Satellite Club as directed by the County Development Coach.
- 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.

## 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 Talent Coach and all squad coaches will work together to ensure the best planning for the individual swimmer ( please see the relevant squads entry criteria)
- Movements will usually be arranged on review at the end of each season and will be organized for the September of the following season

## Standard Entry criteria

	MALE						FEMALE		
	Age as at Regional Age Champs						Age as at Regional Age		
10 years	11 years	12 years	13 years	14yrs		10 years	11 years	12 years	13 years
					50m Free				
-	1.10.6	1.05.9	1.02.3	59.7	100m Free	-	1.11.0	1.07.2	1.05.2
2.44.3	2.33.3	2.23.3	2.15.7	2.10.1	200m Free	2.43.4	2.32.8	2.24.6	2.19.9
5.42.9	5.20.5	5.00.4	4.45.9	4.35.2	400m Free	5.46.6	5.17.6	5.00.9	4.51.8
-	-	10.15.5	9.44.2	9.24.0	800m Free	-	10.41.8	10.08.4	9.46.2
-	-	19.20.8	18.27.0	17.49.5	1500m Free	-	20.40.3	19.35.8	18.52.9
-	1.30.9	1.24.9	1.19.4	1.15.8	100m Breast	-	1.30.8	1.25.7	1.22.1
3.32.4	3.18.0	3.03.2	2.52.1	2.43.9	200m Breast	3.31.1	3.14.7	3.04.0	2.56.2
-	1.19.7	1.14.1	1.09.6	1.06.2	100m Fly	-	1.19.7	1.14.7	1.12.3
3.13.3	2.56.5	2.43.6	2.34.0	2.26.7	200m Fly	3.15.5	2.55.6	2.44.2	2.37.8
-	1.19.6	1.14.7	1.10.2	1.06.8	100m Back	-	1.19.6	1.15.0	1.12.3
3.03.0	2.51.7	2.39.6	2.30.6	2.23.6	200m Back	3.03.5	2.48.3	2.39.7	2.34.8
3.07.7	2.55.3	2.43.0	2.34.6	2.26.9	200m IM	3.06.4	2.52.6	2.43.6	2.38.5
6.38.7	6.06.4	5.43.7	5.26.7	5.11.4	400m IM	6.37.3	6.04.3	5.44.1	5.31.9

These times form part of the County Talent Squad entry/ongoing criteria and will be revised annually. Times to be achieved in National, Regional, licensed Meets or County Championships. No Time Trials. Swimmers are required to obtain and maintain a minimum of ONE of the above entry times.

