



SQUAD CRITERIA - Adopted January 2014

All promotions are dependent on:

- The outcome of a discussion between the current and future coach;
- Swimmers abiding by the Club's Code of Conduct
- Swimmers having a 'good training practice' (see below);
- The end of a term (e.g. January, April, September);
- The current numbers in the squads abiding to the squad caps

ACADEMY - Average age 6 to 8 years (Squad Cap 12)

- To attend training once a week
- Expected to compete in internal competition i.e. Club Championships and Time Trials
- To swim 25m Freestyle, Backstroke and Breaststroke competently
- Make an attempt at butterfly with a basic idea of how it is swum
- To perform a Forwards Somersault confidently and competently
- To perform a Crouching Dive confidently and competently

BRONZE - Average age 7 to 9 years (Squad Cap 22)

- To attend training twice a week, with own kit bag (kick board, pull buoy and fins)
- Expected to compete in internal and external gala's when asked to do so
- To swim 25m Freestyle, Backstroke and Breaststroke legally
- To swim 25m Butterfly correct kick and good attempt at are stroke
- To perform Tumble Turns on Freestyle confidently and competently
- To have started work on Tumble Turns on Backstroke
- To perform legal turns on Breaststroke and Butterfly
- To perform a Crouching Dive confidently and competently
- To perform legal finishes for all four strokes confidently and competently

SILVER - Average age 8 to 10 years (Squad Cap 30)

- To attend training twice a week, with own kit bag (kick board, pull buoy and fins)
- Expected to compete in internal and external galas, when asked to do so
- To maintain efficient technique in freestyle, backstroke and breaststroke throughout set
- To swim 50m Freestyle, Backstroke, Breaststroke legally
- To swim 25m Butterfly legally
- To use Freestyle and Backstroke Tumble Turns confidently and competently
- To perform a Competitive Dive – (Grab or Track from blocks)
- To perform a Backstroke Start confidently and competently
- To have started using the pace clock independently in training
- To take part in 3 Open Meets per year

GOLD - Average age 9 to 11 years (Squad Cap 25)

- To attend training three times a week, with own kit bag (kick board, pull buoy and fins)
- Expected to compete in internal and external galas, when asked to do so
- To have achieved the ASA Competitive Start Award
- To swim 100m Freestyle, Backstroke, Breaststroke and IM legally
- To swim 50m Butterfly legally
- To consistently and skillfully apply the underwater phase on all 4 strokes
- To be independently using the pace clock in training sets
- To take part in 3 Open Meets per year

JUNIOR - Average age 9 to 12 years (Squad Cap 25)

- To attend training four times a week, with own kit bag (kick board, pull buoy and fins)
- Expected to compete in internal and external galas, when asked to do so
- To swim 200m Freestyle, Backstroke, Breaststroke and IM and 100m FLY
- To consistently and skillfully apply the underwater phase on all 4 strokes
- To be independently using pace clock during training sessions
- To be aware about the purposes of different styles of training, i.e. sprint vs endurance
- To take part in 4 Open Meets per year

ELITE BAGCATS - Average age 10 to 15 years (Squad Cap 25)

- To attend training four times a week, with own kit bag (kick board, pull buoy, fins and hand paddles)
- Expected to compete in internal and external galas, when asked to do so
- Able to complete 8x100 freestyle off 2,00
- To swim 200m Freestyle, Backstroke, Breaststroke, FLY and IM legally
- To swim 400m Freestyle and Individual Medley
- To gain County, Regional and National qualifying time
- To consistently and skillfully apply the underwater phase on all 4 strokes
- To be confidently reading the pace clock during training sessions
- To understand the purposes of styles of training, i.e. sprint vs endurance
- To take part in 5 Open Meets per year

ELITE YOUTH - Average age 13 to 19 years (Squad Cap 25)

- To attend ALL training sessions available, with own kit bag (kick board, pull buoy, fins and hand paddles)
- Expected to compete in internal and external galas, when asked to do so
- Able to complete 20x100s freestyle off 1,45
- To gain County, Regional and National qualifying times
- To consistently and skillfully apply the underwater phase on all 4 strokes
- To understand the purposes and different styles of training, and training cycles
- To perform stretching programme
- To take part in 6 Open Meets per year

SENIOR - Strictly 16 to 24 years (Squad Cap 20)

- If a swimmer is 16 or over in that calendar year
- Expected to compete in internal and external galas, when asked to do so
- If a swimmer in Elite BAGCATS/Youth has decided to continue to train but with a less competitive approach
- If a swimmer in Elite BAGCATS or Elite Youth can no longer adhere to the squad criteria

MASTERS - Strictly 25+ years

- If a swimmer is 25 or over in that calendar year
- Willing to represent the Club at competition, when asked to do so

GOOD TRAINING PRACTISE

- Regularly staying in & striving to complete the entire set
- Maintain quality of stroke during training & complying with ASA law
- Legally turning on every occasion
- Legally finishing at the wall on every occasion
- Having a drink, kick board, pull buoy, goggles and spare set with you
- Hats to be encouraged for everyone particularly those with long hair
- No jewellery to be worn
- Arriving to the session prior to the start
- Asking questions if unsure what to do or why we are doing it
- Showing respect for other swimmers in the lane and for the coach