

## 13.17.10 SSASC Swimmers Squad Agreement

<b>Name:</b>	<b>Squad:</b>
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We are writing to confirm that you have reached the required standard to be offered a place in the above squad. For the club to support you in reaching your full potential, you need to be aware of the following squad requirements.

### **Senior Performance:**

Is for those swimmers wishing to achieve Regional & National level standard and as such the level of training is very intense and will require sustained commitment.

The minimum criteria for maintaining a place in this squad is as follows;

- 32 Hours swimming per month
- 4+ Pool sessions per week, including
- 1 Early morning session, and at least
- 2 Land training session

The full program distance is based on a consistent 6/7 sessions per week, anything less and the swimmer is not completing the full program and is unlikely to progress.

Must compete at Warwickshire County Championships, targeted Open Meets, Mercian Summer League, and National Swimming League should they be selected for the team.

### **Senior Competitive:**

Is for those swimmers wishing to achieve a County level standard with the goal of Regional standard of competition. The level of training is intense and will require continued commitment. The Senior Competitive Squad is the main Senior Squad at the club.

The minimum criteria for maintaining a place in this squad is as follows;

- 22 Hours swimming per month
- 3 – 4 Pool sessions per week

Must compete at Warwickshire County Championships, targeted Open Meets, Mercian Summer League and National Swimming League should they be selected for the team.

### **Junior Club & Senior Club:**

Are primarily coach-led swimming-for-fitness groups but they still offer opportunities for competing.

- Junior Club is for younger swimmers aged 11 – 14 Years
- Senior Club is for 13 to 17-year olds inclusive (12-year olds by consideration)

Places in both these squads are limited with priority given to current Sharks members who have over the years, contributed to the club whether through participation in competition or in a volunteering capacity, and the club recognises the valuable contribution made by some parents; volunteering to help with club activities, at galas, timekeeping, officiating, fundraising, administrative tasks etc.

It is expected that swimmers in Club Squad & Senior Development maintain good lane discipline always.

## 13.17.10 SSASC Swimmers Squad Agreement

### **Junior Performance:**

Is for those swimmers at the top of the Junior section of the club who want to develop their aerobic system and skills in preparation for progression to either the Senior Competitive or Senior Performance Squad.

The minimum criteria for maintaining a place in this squad is as follows;

- 24 Hours swimming per month
- 4 – 5 Pool sessions per week, including
- 1 Early morning session, and at least
- 1 Land training session per week

Must compete at Warwickshire County Championships, targeted Open Meets, Nuneaton Junior league, Mercian Summer League, and National Swimming League should they be selected for the team.

### **Junior Development Select:**

The Junior Development Select Squad is for those swimmers who wish to commit to the performance pathway with later progression to the Junior Performance Squad.

The minimum criteria for maintaining a place in this squad is as follows;

- 18 Hours swimming per month
- 3 – 4 Pool sessions per week

Must compete at Warwickshire County Championships, targeted Open Meets, Nuneaton Junior league, Mercian Summer League and National Swimming League should they be selected for the team.

### **Junior Development:**

The Junior Development Squads are the squads where swimmers develop technique, skills & aerobic conditioning to improve competitive performance.

The minimum criteria for maintaining a place in this squad is as follows;

- 14 Hours swimming per month
- 3 – 4 Pool sessions per week

Aim to at Warwickshire County Championships, targeted Open Meets, Nuneaton Junior league, Mercian Summer League and National Swimming League should they be selected for the team.

### **Academy:**

For children aged between 8 and 10, focusing purely on the SE Aquatic Skills Pathway – Competitive which sits above the SE Learn to Swim Framework.

There are three Academy groups - Academy Bronze, Silver, and Gold 1 & 2, with a maximum of 20 swimmers in each group. The Bronze Group swims for one hour per week, the Silver Group two hours per week and the Gold Group up to three hours per week.

Attend time trials, enter the Club Championships, you may be selected for team galas. When you are nine years of age, swimmers will be encouraged to enter targeted meets as directed by your coach.

## 13.17.10 SSASC Swimmers Squad Agreement

- If you are not able to fulfil the above training commitment, please speak to your coach as soon as possible.
- If you are not able to maintain the minimum criteria applicable to your squad, without in the opinion of your coach, a valid reason for two consecutive months you will be reminded of the minimum criteria and level of commitment expected of you.
- The offer of a place within your squad may be withdrawn if you are not able to maintain the minimum criteria applicable to your squad on a subsequent occasion.
- Access to pool time is an issue for all swimming clubs. From time to time it is likely that you will be required to train at several sites and your schedule may change to accommodate the club programme.
- As a member of a competitive swimming club you may be selected to represent the club at team galas and open meets. This is an honour and all swimmers are expected to show respect & loyalty to the Club, our coaches and to other Sharks swimmers. Stratford Sharks swimmers who complete their core training with the club will not be permitted to compete for any other club or team (except for school & university teams).
- Failure to attend galas will be interpreted as indication that a swimmer does not wish to participate in a competitive environment and as such the offer of a squad place may be at risk. Any swimmer who has entered an open meet and then wishes to withdraw from the meet, a session or a race may only do so after consultation with their coach.
- When attending open meets or team gala events, you are representing the club and should always wear club kit such as silver Sharks swim hats (no black or gold ones) and Sharks shirts/hoodies. In accordance with the Club and ASA Codes of Conduct, an appropriate level of behaviour should be maintained always.
- Movement between squads is subject to criteria in force at the time being fulfilled and is always at the discretion of the Head Coach.

*I understand the squad criteria and agree to the above-mentioned conditions as required by SSASC.*