



Process and Criteria for Squad Movement September 2016

The following process will be followed by Eckington Swimming Club from September 2016.

The criteria will be reviewed regularly and changes could be made on the basis of the general level of swimmers within the club and any other factors affecting the club at that time.

It should be noted that at the time of this process being implemented that if a swimmer doesn't meet the full criteria of their squad then they shall be given opportunity to meet it and be supported by their coach and the club. No swimmer will automatically be moved to a previous squad.

In terms of all movement the following process will be followed:

Process

- The coach of the current squad will discuss with the coach of the squad above that they feel they have a swimmer close to being ready to progress. Ideally this will be 2-3 months before the planned move.
- Following discussion and assessment if the coach of the squad above agrees that the swimmer is possibly ready to move then a transition plan will be agreed.
- The swimmer will have a month where they will swim certain sessions with the squad above before a move.
- Any movement between sub-squads (i.e. A2 to A1) will be at the discretion of that particular coach.



General Principles considered in Each Move

- **Attendance** – High level expected - particularly when progressing to higher groups.
- **Behaviour/attitude**
- **Entering Competitions**
- **PB Times**
- **Technique** – ability to maintain through longer sets
- **Physical ability** to cope with training of squad above

Criteria for each Squad

C Squad(s)

Swimmers will have progressed through the clubs learner program or if new to the club then assessed to this level.

High attendance is expected and also respect shown to the coach at all times.

When entering this squad the emphasis is on preparing for competitions, understanding rules and regulations and best practice when racing.

Initially some basic technique and some technical faults allowed.

Once deemed ready swimmers will be expected to enter competitions such as open meets, club champs and be available for any team competitions.

After a while in this squad swimmers are expected to increase distance at competitions from 50's to 100's. Towards the higher end of this squad(s) swimmers should be looking at competing in 200 events, including IM.

Swimmers should be aiming towards County Championships.



B Squad(s)

Swimmers will have progressed from C Squad or assessed to this level if new to the club.

High attendance is expected and also respect shown to the coach at all times.

Swimmers will begin to show independence and responsibility in training sessions (I.e. making sure they are completing sets at the energy level/speed the coach has set).

Swimmers will demonstrate ability to maintain technique in all 4 Strokes over longer sets with minimum input from coach (except technique sets).

They will be expected to enter Open Meets, Club Champs, and Team competitions.

Swimmers are expected to swim a variety of distances 50,100,200's (including IM) at competitions.

They should have qualifying times for entry to County Championships.

A Squad(s)

Swimmers will have progressed from B Squad or assessed to this level if new to the club and have competitive experience elsewhere.

High attendance is expected and also respect shown to the coach at all times

Swimmers will demonstrate the ability to maintain technique in all 4 strokes throughout longer training sets with little input from coach (apart from technique sessions).

Sessions will at times be more stamina and resistance based and swimmers will be expected to cope with the physical demands

They will be expected to enter Open Meets, Club Champs, and Team Competitions. At this stage swimmers are likely to be concentrating on certain strokes/distances and will be discussed on a regular basis with squad coach.

All swimmers should have a number of qualifying times for County Championships. They will be aiming towards Regional and National Competitions.