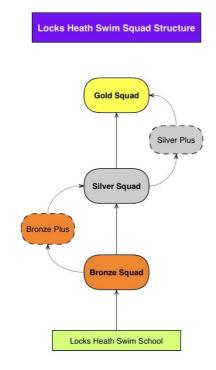


Squad Structure, Criteria and Exit Policy

Squad Structure



Squad Criteria

Squad/ Monthly Fees	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Gold	To train and compete with	11 years	7.5	1	High attendance is	Swimmers will	Swimmers are	<u>POOL</u>
	high commitment . To qualify	+			expected at pool	have the desire	expected to	Hat (2)
£70	and compete in individual and				training, land	to improve and	complete all	Goggles (2)
	relay events at the Hampshire				training and	achieve.	training sessions	Drink bottle 1L
	County Championships.				competition.	Swimmers must	to the best of	Kickboard
					If regularly below	have a high level	their ability using	Pullbouy
					80% swimmer may	of self-motivation	skills set by coach	Band
					be asked to leave	and ability to	(i.e., no breathing	Fins
					Gold squad.	take	zones,	Paddles
						responsibility for	streamlining and	Snorkel
						performance,	dolphin kicks).	
						lifestyle, and	Swimmers should	
						attendance.	be aiming to	<u>LAND</u>
						Swimmers will be	qualify and	Appropriate clothing
						good team	compete at a	Appropriate footwear
						players and show	range of events at	Drink bottle 1L
						a positive	County	Mat
						attitude to set a	Championships.	Skipping Rope
						great example to	Swimmers should	
						swimmers in	be competing in a	
						other squads.	wide range of	
						Swimmers will	events at licensed	
						know their PB's,	Meets as well as	
						set targets, and	racing at team	
						strive to be the	galas.	
						best swimmer	Swimmers should	
						they can be.	be competing	
						Swimmers will be	both days at two	
						keen to compete	day Meets.	

Squad/		Age	Pool	Land		in distance events when suggested by Head Coach.		Kit
Monthly Fees	Objective	Guide at 31 Dec	hours/ week	hours/ week	Attendance	Attitude	Performance	Required
Silver Plus £66	To enable swimmers to continually develop to reach the standard for promotion to Gold Squad To provide a short-term transition between Silver Squad and Gold Squad.	10-12 years	5.25	1	High attendance is expected at pool training, land training and competition. If regularly below 80% swimmer may be asked to leave Silver Plus squad.	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and ability to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best swimmer	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining and dolphin kicks). Swimmers should be aiming to qualify and compete at a range of events at County Championships. Swimmers should be competing in a wide range of events at licensed Meets as well as	POOL Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel LAND Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
Squad	Objective	Age	Pool hours/	Land hours/	Attendance	they can be. Attitude	racing at team galas. Performance	Kit Required

		Guide at 31 Dec	week	week				
Silver £64	To train and compete with high commitment. To aspire to qualify and compete in individual and relay events at the Hampshire County Championships.	10-12 years	3.75	0.5	High attendance is expected at pool training, land training and competition. If regularly below 75% swimmer may be asked to leave Silver squad.	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and learn to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best swimmer they can be.	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	POOL Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band Fins LAND Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
Bronze Plus £62	To enable swimmers to continually develop to reach the standard for promotion to Silver Squad.	9-11 years	3.25	0	High attendance is expected at training and competition. If regularly below 75% swimmer may	Swimmers will have the desire to improve and achieve. Swimmers must have a high level	Swimmers are expected to complete all training sessions to the best of their ability using	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band

	To provide a short-term transition between Bronze Squad and Silver Squad.				be asked to leave Bronze Plus squad	of self-motivation and learn to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best they can.	skills set by coach (ie no breathing zones, streamlining and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	Fins
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
f60	Introduce swimmers to competitive swimming. Develop all strokes and skills. Learn to train. Learn the rules. Develop endurance.	8-11 years	2	0	Swimmers expected to attend all training sessions, Time Trials, and relevant competition.	Swimmers expected to show a strong desire to improve skills and technique. Swimmers expected to be a good team player.	Swimmers are expected to complete all training sessions to the best of their ability. Swimmers should be competing in all relevant galas as well as some Level 3 Meets.	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Fins

Squad Exit Policy

If swimmers are regularly unable to attain the Attendance, Attitude and Performance standards for their squad and/or are consistently late to sessions the following action will be taken:

- 1. Lynda will speak to the swimmer and the reason for low attendance/ attitude/performance explored. An improvement plan will be agreed between both parties.
- 2. If attendance/attitude/performance does not improve over the next month, as agreed in step 1, a meeting will be held with Lynda, swimmer, and parent to discuss the way forward.
- 3. If after 2 months no significant improvement is seen the swimmer may be asked to move down a squad.

All swimmers must accept these criteria as part of Annual Membership.