

RED SQUAD CRITERIA

The following guidelines will be applied to swimmers selected for the Red squad.

Movement up to Red Squad is based on potential, age & achievement of the criteria below or at the discretion of the Head Coach in exceptional circumstances.

Criteria

Aim: Competitive/Physical Development

Age range: 14-18

Training Guidelines

Swim: 8 - 10 x 100 FS (2:00) - maintaining good technique
6 - 8 x 100 IM (2:15) - maintaining good technique on all four strokes

Kick: 6 - 8 x 100 FS/Fly (2:50) - maintaining pace under 85 seconds per 50

Squad members **MUST** be committed and willing to train at Red level, Red Squad 14-18 years must attend at least 3 to 4 sessions a week.

Squad members **MUST** commit to one Land Training sessions a week.

MUST be self-motivated to achieve the goals set by the squad coach.

Squad members **MUST** arrive on poolside a minimum of 10 minutes before the session is due to start to complete 5 minutes of stretches. All swimmers must complete poolside stretches at the end of every training session for a minimum of 5 minutes.

Competition

Swimmers should be training to achieve a time on one or more 100m or over events (so excluding 50m events and 100IM) that qualifies for the Wiltshire Championship for their age at the next competition with the potential to achieve SW Regional Championship qualifying time/s.

MUST be prepared to represent the club at key competitions

Review

A place in Red Squad is based on continuing to achieve the squad criteria or at the discretion of the Head Coach. The Head Coach may recommend that swimmers not attending competitions and/or not achieving the criteria move to a more suitable squad for their ability.

Training Times

Monday	7-8.45pm	1.75		Milton Road
Wednesday	6.30-7.30pm		1	Land Training - Kingsdown
Thursday	5-7am	2		Milton Road
Friday	7-8.30pm	1.5		Milton Road
Saturday	10-12am	2		Milton Road
Total:	4 Sessions	7.25	1	Hours