



## **Guildford City Swimming Club Competitive Development Squad Specifications – September 2017**

### **Understanding the Competitive Development Squad**

- Friendly and competitive programme
- Swimmers aged 11 to 18 years old
- Preparation base for galas and open meets
- Selection of a wide range of training options
- 6 to 12 hours of training available every week
- 3 convenient locations
- Development of race skills in all 4 strokes
- Building fitness and strength
- Motivational expert & caring ASA qualified and DBS certified Coaches
- All swimmers are eligible to participate in the Arena League and if selected are expected to compete for the Club with pride.

The Competitive Development Squad caters to swimmers who have not yet reached the standard of the High Performance Squad and is ideal for those individuals who enjoy a number of activities with other commitments outside of swimming.

There is a wide selection of training opportunities. Members are able to select which days they want to train and book their “slots” accordingly for a whole term. You only pay for the “slots” that you book. All sessions are guaranteed for swimmers committing to the specific squad maximum hours per week. Other selections are allocated on a first come first served basis. Once a swimmer has booked and committed to their slots no substitutions are permissible during the term.

New members are welcome to join throughout the year. All trials are free of charge and are arranged specifically for you.

Within the Guildford City Club Structure the Competitive Development Squad sits alongside the High Performance Squad.

The Competitive Development Section is made up from two squads

**Inter Competitive Development**

**Senior Competitive Development**

### **Inter Competitive Development Squad**

Age Bands

Girls 11 to 14 years (2007 to 2004)

Boys 11 to 15 years (2007 to 2003)

Training sessions available

Monday	1830 to 2030	2 hours	Spectrum
Tuesday	1830 to 2030	2 hours	Spectrum
Thursday	1830 to 2030	2 hours	Spectrum
Friday	1900 to 2100	2 hours	Surrey Sports Park

Sunday	0700 to 0900	2 hours	Surrey Sports Park
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Swimmers are asked to select and book their “slots” from the following options:

Sessions per week	Total Hours
3	6
4	8
5	10

## Criteria

- Generally achieve a Surrey County B Lower Qualifying Time in 200m Freestyle (see below)
- Regularly compete at open meets and galas including the Guildford City Swimming Club Level 3 Open Meets and the Guildford City Level 4 Invitational Open Meet
- Compete with pride if selected for the Arena League Teams
- Consistently demonstrate a good work ethic
- Generally be legal in all four strokes

Surrey County B Lower Qualifying Times 2017

200m Freestyle

11	2006	3.19.19
12	2005	3.06.90
13	2004	2.53.90
14	2003	2.41.60

Membership is entirely at the Coach’s discretion, renewable on a term by term basis.

## Pathways

### From the Academy

Academy swimmers graduating to Inter Competitive Development Squad will have demonstrated regular attendance of at least 3 hours per week on a consistent basis. In addition they would have reached the appropriate qualifying standard in 200m freestyle.

Graduations will generally take place in September.

### From the High Performance Squads

High Performance swimmers wishing to transfer to Inter Competitive Development may do so at any time during the year.

### To the High Performance Squads

Inter Competitive Development swimmers may be considered at any time for graduation to the High Performance Squads by demonstrating a consistently strong work ethic and by meeting the appropriate squad criteria.

### To the Senior Competitive Development Squad

After a review 14 year old swimmers (born 2003) may be promoted to the Senior Competitive Development Squad at any time during the year. Please note this age group will “time out” of the

Inter Competitive Development Squad in July 2017 and will therefore be automatically promoted to Senior Competitive Development in September 2017.

## **Dry land Training**

Attendance at dry land training sessions is by invitation only and is entirely at the Coach's discretion.

## **Senior Competitive Development**

Age Bands

Girls 14 to 17+ years (2004 to 2001 & older)

Boys 15 to 17+ years (2003 to 2001 & older)

Training sessions available

Monday	0600 to 0800	2 hours	Spectrum
Tuesday	1900 to 2100	2 hours	Surrey Sports Park
Wednesday	1900 to 2100	2 hours	Aldershot Garrison Pool
Thursday	1900 to 2100	2 hours	Aldershot Garrison Pool
Friday	1930 to 2130	2 hours	Spectrum
Sunday	0700 to 0900	2 hours	Surrey Sports Park

Swimmers are asked to select and book their "slots" from the following options:

Sessions per week	Total Hours
3	6
4	8
5	10
6	12

## **Criteria**

- Generally achieve a Surrey County B Lower Qualifying Time in 200m Freestyle (see below)
- Regularly compete at open meets and galas including the Guildford City Swimming Club Level 3 Open Meets and the Guildford City Level 4 Invitational Open Meet
- Compete with pride if selected for the Arena League Teams
- Consistently demonstrate a good work ethic
- Generally be legal in all four strokes

Surrey County B Lower Qualifying Times 2017

200m Freestyle

11	2006	3.19.19
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Membership is entirely at the Coach's discretion, renewable on a term by term basis

## **Pathways**

To be considered for graduation to High Performance in the future, swimmers will have to generally meet the High Performance eligibility criteria, train a minimum of ten hours per week, be age eligible, and display the appropriate work ethic and commitment to both the training and competition programme of the Senior Competitive Development Squad

## **Dry land Training**

Attendance at dry land training sessions is by invitation only and is entirely at the Coach's discretion. Generally only swimmers attending a minimum of eight hours per week will be considered for this activity.

## **Staff**

The Competitive Development Squad employs carefully selected and professionally qualified, DBS checked, ASA Qualified Coaches who take a nurturing approach to an individual's personal development. We cater for each swimmer's individual needs.