



Guildford City Swimming Club

High Performance Squads Qualifying Criteria

September 2014 to 31 August 2015

World Class Senior and Age Group Swimming Programme

Dedicated to Excellence

The High Performance Squads continue the winning tradition started in 1998, which has seen Guildford City rise up the competitive ranks in the region to become the No.1 swimming club in both Surrey and the South East of England.

Guildford City's High Performance Squads are open to those swimmers who, display the **appropriate work ethic, meet the competitive criteria**, make the required **commitment to training and competition**, and **demonstrate a serious attitude** required to become a top swimmer. Swimming at this level becomes a "lifestyle" choice. At the early ages of between 8 and 11 years old swimmers are expected to have the personal motivation and ability to achieve success at County level, progressing on to Regional level at age 12 and the aspiration and ambition to compete at national and international events as they grow older. Invitation into and continued membership of the High Performance Squads should be seen as a privilege and not an automatic right. As a result of the Club's ongoing success and the ever increasing demand for places within our High Performance Squads, criteria for membership continue to be refined.

Criteria for membership to the High Performance Squads

Membership to the High Performance Squads is exclusively at the Coaching Team's discretion. Please note that a swimmer does not automatically secure a place in the High Performance Squads by just achieving the relevant Guildford City Performance (Eligibility) Time alone. Both graduation to and continued membership of a High Performance Squad will normally depend on a swimmer satisfying **all** of the criteria below. In entering any of the High Performance Squads, swimmers will generally have a minimum three months probationary period during which they will be carefully monitored to ensure they are coping with the relevant squad's training and competition culture.

1. Work Ethic and Attitude

A swimmer must demonstrate a consistently appropriate strong work ethic over the entire year. Numerous factors will be taken into account when determining whether a swimmer has displayed a suitable work ethic including (but not limited to):(a)The Coaching Team's opinion on how a swimmer has coped with the training culture of their current squad and if being considered for promotion whether they will be able to show the required increased commitment and be able to cope with both the physical and emotional demands of the next squad's training culture (b) The swimmer showing that they can accept feedback on performance and accept personal responsibility in all aspects of training

2. Commitment to the Squad Training and Competition Schedule

Attendance records are continuously monitored to ensure that a swimmer is dedicating sufficient time to develop both the skill and fitness levels required in the pool and the gym to succeed. The mandatory squad minimum hours for both pool and land training have been set by the Guildford City Coaches, taking into consideration the Long Term Athletic Development Plan together with their experience and success in developing high performance swimmers of all ages. Swimmers are expected to regularly attend more than the minimum training hours in order to maximise their improvement and maintain the standards of excellence expected of the High Performance Squads. They are also expected to follow their squad's competition programme throughout the year. Any variation to the published training or competition programme can only be made with the express permission of the squad Coaching Team. To minimise compromising swim fitness levels, the inevitable loss of water skills and a general feel for the water,

members of all of the High Performance squads are expected to restrict taking prolonged breaks during the swimming season. Experience shows that if a swimmer takes seven days off for a holiday during the training season, generally it will then take a further twenty one days to regain swim fitness levels. In the meantime the respective squad's training regime has progressed.

It is mandatory for HPS swimmers selected to represent their Club in league galas or relay teams to compete for the Club even if they consider such participation to be in direct conflict with their personal goals. Selection for team events should be viewed as an honour and athletes will be expected to perform with pride.

3. Age

Generally meeting the Squad age parameters as detailed in each squad section below

Age Band Chart from September 2014

All ages as at 31 December 2015

Age	Year / Period of Birth	High Performance				Academy	Competitive Development	
		Nays	Nags	Regional	County		Senior	Inter
17+	1998	Nays					Senior	
16	1999	Nays	Nags				Senior	
15	2000		Nags				Senior	
14	2001		Nags	Regional			Senior	Inter
13	2002			Regional				Inter
12	2003			Regional				Inter
11+	1 Jan to 15 June 2004				County			Inter
11-	16 June to 31 Dec 2004				County			Inter
10	2005				County	Jr County		
9	2006				County	Jr County		
8	2007				County	Jr County		

4. Performance (Eligibility) Times & High Performance "Potential Athlete" Award

A swimmer will generally have to have achieved and continuously maintained the appropriate Squad Performance (Eligibility) Time. Subject to space availability, High Performance Squad places may be offered to individuals who have not yet achieved the appropriate Squad Performance (Eligibility) Time.

High Performance "Potential Athlete" Awards may be offered solely at the Coaches' discretion to swimmers who have demonstrated excellence in training throughout the previous swimming year and who in the Coaches opinion are likely to ultimately achieve the relevant Squad Performance Time. "Potential Athlete" Awards are strictly renewable on a term by term basis and will be governed by the Chief Coach and a panel of Lead Coaches.

National Youth and Senior Squad - Girls and Boys 16 years +

Total available weekly training sessions	Pool – 20 hours	Land – 4 hours
Mandatory minimum weekly training sessions	Pool – 14 hours	Land – 3 hours

Performance Standard

British Gas ASA National Qualifying Time

In reaching Guildford City's top squad a swimmer will start the process of specialisation. Daily training sessions are generally divided into three groups – Individual Medley, Distance Freestyle and Sprint. Each

swimmer will receive a customised training programme to suit their specific needs and to ensure the optimisation of performance.

Squad members are expected to play an important mentorship role for the younger swimmers in the club. In addition they are expected to give priority to swim training and competition over extra circular school activities including participating in school sports and the Duke of Edinburgh Awards Scheme.

National Age Group Squad - Girls and Boys 14 to 16 years

Total available weekly training sessions	Pool – 16 hours	Land – 3 hours
Mandatory minimum weekly training sessions	Pool – 14 hours	Land – 2 hours

The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley. Members of the squad are expected to give priority to swim training and competition over extra circular school activities including participating in school sports and the Duke of Edinburgh Awards Scheme.

Performance Standard

Either achieving a British Gas ASA National Qualifying Time in an event of 100m and above
OR
Achieving a top 8 place in an ASA South East Region event of 200m and above

Members who have not yet reached this standard as at September 2014 will have until June 2015 to achieve their goal

Regional Squad - Girls and Boys 12 to 14 years

Total available weekly training sessions	Pool – 14 hours	Land – 2 hours
Mandatory minimum weekly training sessions	Pool – 10 hours	Land – 1 hour

The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley.

Performance Standard

- (1) Achieving a British Gas ASA National Qualifying Time in an event of 100m and above
OR
- (2) Achieving at least one of either the ASA South East Region 200m Individual Medley or 400m Individual Medley Qualifying times
OR
- (3) Achieving an ASA South East Region Qualifying Time for any of the non-Individual Medley events of 200m and above PLUS one of Surrey County Qualifying Times for either the 200m or 400m Individual Medley

Graduation from County Squad

Under normal circumstances and subject to the Performance Standard above only swimmers who have actually competed at the ASA South East Region Championships in the 11 year age group will be able to join Regional Squad at the start of the new swimming year

County Squad - Girls and Boys 8 to 11 years

Total available weekly training sessions	Pool – 10 hours	Land – 1 hour
Recommended minimum weekly training sessions	Pool – 7 hours	Land – 1 hour

County Squad is primarily for swimmers who have reached and can maintain the minimum standard of a Surrey County Qualifying Time. The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley.

County Squad Short Course Performance (Eligibility) Times

Girls & Boys	8 2007	9 2006	10 2005
200 Free	3.31	3.11	2.57
400 Free		6.22	6.22
200 Breast	4.27	4.07	3.49
200 Fly	4.34	4.13	3.41
200 Back	3.52	3.32	3.19
200 IM	4.00	3.40	3.23
400 IM		7.19	7.19

Performance Standard

11 Year olds

Generally only those swimmers who have competed as 10 year olds at a Regional Competition will be able to join County Squad as an 11 year old. Each application will be treated on its own merits.

Swimmers in the 11- age group (born between 16 June and 31 December) who meet the appropriate squad eligibility criteria will spend an extra year in County Squad enabling them to compete at the ASA South East Region Championships in the 11 year age group while still in County Squad

10 year olds

Achieving at least three of the County Squad Short Course Performance Times which must include 200m Individual Medley and 200m Freestyle

8 & 9 year olds

Achieving at least two of the County Squad Short Course Performance Times one of which must be either 200m Individual Medley or 200m Freestyle

High Performance Squad Competition Profiles

British Championships	Nays	Nags		
National Youth Championships	Nays	Nags		
National Age Group Championships		Nags	Regs	
Regional Championships	Nays	Nags	Regs	County
Surrey County Championships	Nays	Nags	Regs	County
Level 1 Licensed Meets	Nays	Nags	Regs	County
Level 2 Licensed Meets		Nags	Regs	County
Level 3 Licensed Meets			Regs	County
Level 4 Licensed Meets			Regs	County
National Arena League	Nays	Nags	Regs	County
National Junior League			Regs	County

Disability Swimmers

Guildford City is committed to developing swimmers with disabilities. Special consideration may be made at the Coaches' discretion for inclusion into the High Performance or Competitive Development Squads where the Club operates a fully integrated programme with disabled and abled swimmers training together. Swimmers will be expected to have obtained or be in the process of obtaining an IPC Classification and have the personal motivation and ability to achieve success at county and regional level and the aspiration to be invited to join the British Swimming Disability World Class Programmes.

Eligibility for a place in the High Performance or Competitive Development Squads

Members are assessed by the Coaches to determine whether they are capable of handling the demands of the relevant training and competition programme.

Competitions: British International Disability Swimming Championships, British Championships, National Youth Championships, Regional and County Championships, Level 1, Level 2 and Level 3 Licensed Open Meets plus National Arena Swimming League.

Notes

- Special consideration may be made at the Coaches' discretion waiving the age parameters. In reviewing each case Coaches will take into account the history of a swimmer's commitment to training and competition as well as their work ethic and maturity.
- The Coaches may waive any of the criteria contained in this document at their sole discretion.
- Please note that times stated may change without prior notice or justification
- Graduation from squad to squad will normally take place at the beginning of the new swimming year in September
- Equivalentents will be accepted in referring to external eligibility times
- Swimmers will retain their place in the High Performance section by maintaining all of the relevant squad criteria