Guildford City Swimming Club
High Performance Squads Qualifying Criteria
September 2018 to 31 August 2019

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. 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
General

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.

Probationary Period

In entering any of the High Performance Squads from within the Club or from the outside, swimmers will generally serve a minimum three months probationary period during which time they will be carefully monitored to ensure they are coping with the relevant squad's training and competition culture. During this period the Squad Coaches will assess a swimmer's attendance, attitude, aptitude, effort and progress. Generally at the end of the probationary period a review meeting will be held with swimmer and parent to discuss the swimmer's performance and decide on whether the swimmer will be offered a permanent place in the High Performance Squads. In the case of a swimmer not being offered a permanent place, membership of an alternative squad will be made.

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 - Swimmers may graduate to the next squad when they become age eligible However in some circumstances the Coaches may use their discretion to transfer swimmers between squads without reference to age

Guildford City Age Band Structure

Female										Age	YofB	Male									
Academy					CDS		High Performance					High Performance			CDS		Academy				
					Snr A	Snr B			Uni	19+	19+	Uni			Snr A	Snr B					
					Snr A	Snr B			Nays	18	2001	Nays			Snr A	Snr B					
					Snr A	Snr B			Nays	17	2002	Nays	Nags		Snr A	Snr B					
					Snr A	Snr B		Nags	Nays	16	2003		Nags		Snr A	Snr B					
					Snr A	Snr B		Nags		15	2004		Nags	Regs	Snr A	Snr B					
					Snr A	Snr B	Regs	Nags		14	2005			Regs	Snr A	Snr B					
		C C	C B				Regs			13	2006			Regs				C B	C C		
		C C	C B	C A			Regs			12	2007						C A	C B	C C		
		C C	C B	C A						11	2008						C A	C B	C C		
	Jr Cou A	C C		C A						10	2009						C A		C C	Jr Cou A	
Jr Cou B	Jr Cou A									9	2010									Jr Cou A	Jr Cou B
Jr Cou B	Jr Cou A									8	2011									Jr Cou A	Jr Cou B
Jr Cou B										7	2012										Jr Cou B

Key		
	Uni	University of Surrey
	Nays	National Youth Squad
	Nags	National Age Group Squad
	Regs	Regional Squad
	C A	County A
	C B	County B
	C C	County C
	Jr Cou A	Junior County A
	Jr Cou B	Junior County B
	Snr	Senior Competitive Development
	Jr Dev	Junior Development

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 Lead Coaches.

Progressive Training

The training chart below is essentially a recommendation on the training hours as swimmers move through the squads. Swimmers failing to meet the outlined hours will no longer be able to train in the High Performance Squads, they will be offered the chance to train with the Competitive Development Squads.

Depending on the profile of the swimmer this may be adjusted by squad coach at any point.

Female			Squad	Male		
Land	Pool	Age		Age	Pool	Land
4	18	18+	Uni	19+	18	4
4	18	17	NYS	18	18	4
4	16	16	NAGS/NYS	17	16	3
3	14	15	NAGS	16	14	2
2	12	14	REGS/NAGS	15	12	2
2	12	13	REGS	14	12	2
2	10	12	COU/REGS	13	10	2
1	9	11	COU	12	10	1
1	8	10	COU	11	9	1
1	7	9	COU	10	8	1

By following this training progression the chances of reaching a plateaux in a swimmer's development will reduce and the probability of long term success will increase.

External Eligibility

As a High Performance Centre we have regular contact from swimmers looking to join us. As a club we will accommodate any swimmers interested in joining but to be eligible for High Performance Squads you must meet the following criteria to receive a trial.

Youth Squad:	(2003 & older)	Ranked top 24 in Britain in any event long course or short course
NAGS:	(Female: 2005 to 2003) (Male: 2004 to 2002)	Ranked top 24 in Britain in an event of 100m or more Short Course or Long Course
Regional Squad:	(Female: 2007 to 2005) (Male: 2006 to 2004)	Ranked top 44 in Britain in an event of 100m or more Short Course or Long Course

Kick – Swimmers with aspiration to reach a world class level must be able to perform endurance kick sets at a High Performance Level.

If you are interested in joining any of the other squads then please contact Richard Garfield directly to discuss the best journey for your swimmer. **Garfieldswim@googlemail.com**

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.

Additional 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
- Swimmers will retain their place in the High Performance section by maintaining all of the relevant squad criteria
- Swimmers missing prolonged periods of training for various reasons (including but not limited to exams, illness, holidays) maybe invited to train with the Competitive Development Squads until they have regained their fitness or skills levels to the High Performance standard