Guildford City Swimming Club
Centre of Excellence
High Performance Squads Specification

Guildford City is considered to be the premier swimming club in the South East & London. We are a Swim England Swim Mark Performance Club.

Over the past twenty years we have placed swimmers on Great Britain Teams including the Olympic Games, Paralympics Games, Deaflympic Games, Commonwealth Games, European Short Course Championships, World Junior Championships, European Junior Championships, Junior Commonwealth Games and the European Youth Olympic Games.

Champions - National Arena Swimming League 2016
Champions - National Arena Swimming League – South 2005 to 2017
Champions – National Arena Junior League Champions – 2014 to 2016
Champions - Surrey County Championship - 2004 to 2018

The Centre of Excellence High Performance Division is at the heart of this success. The Objective of the High Performance Division is to create a culture where members will succeed at the highest levels of senior swimming including being selected onto international teams. There is the expectation that all members will compete at the very highest standard relative to their age.

All High Performance training programmes are structured to maximise a swimmers long term potential. Age group swimming is not considered a means to an end but instead important phases in a swimmer's development where the building blocks for future success are firmly established. The Age Group Programme incorporating Regional & National Age Group Squads are multi stroke, 200m and 400m Individual Medley based. Specialisation usually does not take place until a swimmer graduates to the National Youth & Senior Squad.

The High Performance Division operates exclusively from the Surrey Sports Park/ University of Surrey 50m Pool Complex. It is divided into three squads which offer a progressive pathway to meet the needs of world class athletes as they develop and journey through their swimming careers

Features of the High Performance Division:

- All training is based exclusively at the University of Surrey / Surrey Sports Park 50m pool
- The Programme is led by Lee Spindlow. Each of the three squads enjoys a full time ASA qualified lead coach & at least one full time ASA qualified assistant coach.
- Additional support staff include two qualified strength and conditioning coaches, sports scientist, nutritionist, psychologist, and physiotherapist
- Swimmers are invited to join and maintain their places based upon meeting a number of criteria including achieving the published High Performance Squad Eligibility Times, demonstrating a commitment to the training and competition regime & attending the required squad pool and dryland training hours.

	Ages	Pool Training Hours	Land Training Hours	Main Competition Focus
National Youth and Senior Squad	16+	20	6	International & National
National Age Group Squad	14 to 17	16	4	National & Regional
Regional Squad	12 to 15	14	3	National & Regional

- Members are expected to consistently display a strong work ethic with a serious attitude towards achieving personal and team success. Swimmers take responsibility for their own swimming career and are able to accept and learn from constructive criticism. They must be disciplined, self sufficient, team oriented and coachable.
- Swimmers will have the aspiration and ability to compete at the highest level relevant to their age group. The sport becomes a “lifestyle” choice and because of the demanding training regime it is understood that sacrifices will have to be made. As a swimmer progresses through the High Performance Squads participation in other sports, involvement in school sports, school swim training and competition plus other extracurricular activities such as the Duke of Edinburgh Awards Scheme will become limited. Additionally taking extended breaks during the swimming year will be restricted.
- Parental involvement in managing a swimmer’s career is seen as vital in Regional Squad. When a swimmer joins the National Age Group Squad plans are put into place to help the athlete become more self-reliant and by the time they graduate to the National Youth Squad they are expected to take independent responsibility for their own swimming career.
- The Age Group Programme incorporating both the Regional & National Age Group Squads are multi stroke, 200m and 400m Individual Medley based. Specialisation usually does not take place until a swimmer graduates to the National Youth & Senior Squad.
- Places in the High Performance Division are not guaranteed for life. Criteria for squad promotion and retention normally change on an annual basis. Membership to the High Performance Squads should be considered a privilege that is earned and maintained and not an automatic right of being a member of Guildford City Swimming Club.
- We operate an “Open Door” policy where world class swimmers from other clubs and countries are invited to apply for membership at any time during the swimming year. Once a swimmer has applied and successfully joined Guildford City they immediately become eligible to compete on behalf of the Club both as an individual and in team events (subject to the rules of specific competitions).
- If selected it is **mandatory** for High Performance swimmers to represent their Club in league galas or relay teams 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.
- There is a constant demand for places in the Centre of Excellence High Performance Division & all places are solely at the Coaches discretion.
- The Coaches or a swimmer themselves might decide that the High Performance Squads are not suitable for a member’s needs. In these circumstances a swimmer will be offered a transfer to the **Competitive Development Squads**.

If you would like to discuss any aspect of the Centre of Excellence High Performance Division please

Contact:

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