Guildford City Swimming Club
County A (Sharks) Squad Qualifying Criteria & Specification
1st September 2019 to 31st August 2020

County A Squad (Sharks) is for swimmers of age 11 to 13 years (2009 to 2007) who have reached and can maintain the consideration standard of a Surrey County Qualifying Time. The main training emphasis is based on optimising performance on all four strokes through focusing on the 200m and 400m Individual Medley. Swimmers are expected to keep their competition profile broad and varied.

Please note that a swimmer does not automatically secure a place in County A Squad by just achieving the relevant Guildford City consideration times alone. Both graduation to and continued membership of County A Squad will normally depend on a swimmer satisfying *all* of the criteria below:

1) Work Ethic & Attitude
2) Commitment to the Squad training and competition schedule
3) Age
4) Squad consideration times

Minimum Required Training Hours

Age	YoB	Pool Hours	Land Hours
13 years	2007	10	1
12 years	2008	9	1
11 years	2009	8	1
10 years	2010	7	1

Note: 10 years recommendation is to facilitate progress from Junior County A Squad in September 2020

Training Sessions

Day	Start	End	Length	Pool / Land
Monday	19:00	21:00	2 hours	Pool
Wednesday	06:00	08:00	2 hours	Pool
Wednesday	18:00	20:00	2 hours	Pool / Land
Thursday	19:00	21:00	2 hours	Pool
Saturday	07:00	09:00	2 hours	Pool
Sunday	08:00	09:00	1 hour	Land
Sunday	09:00	11:00	2 hours	Pool

Competition Plan

Predicted Date	Competition Detail	Course	Level
Oct/Nov/Dec	Arena League – by selection	Short	-
October	Surrey Network Invitational	Short	L4
November	Guildford City	Short	L2
December	Guildford City	Short	L3
December	Hillingdon	Short	L2
February	Surrey County Championships	Long	L1
March	Guildford City	Short	L3
April	Guildford City	Long	L1
May	SER Championships	Long	L1
June	Hillingdon (By Invitation Only)	Short	L3
June/July	Academy Club Championships	Short	L4
June/July /Sept /Nov	Arena Junior League – by selection	Short	-

Please note these are the only Lead Coach approved swim meets. Details may vary and any changes will be notified accordingly. Members of County A are actively discouraged from competing in any other event during the year without the express permission of the Squad Lead Coach.

Consideration Requirements

(1) Swimmers must generally swim at the 2020 Surrey County ASA Championships in their respective consideration events

AND

(2) Swimmers must achieve the necessary squad consideration times by the end of the 2020 summer term in a designated squad competition

Age	YoB	Primary	Secondary
10	2010	200m Freestyle Consideration Time OR 200m Individual Medley Consideration Time	+ One other 200m event
11	2009	200m Freestyle Consideration Time OR 200m Individual Medley Consideration Time	+ One other 100m or 200m event
12	2008	200m / 400m Freestyle Consideration Time OR 200m / 400m Individual Medley Consideration Time	+ Two other events in 100m or above
13	2007	Swimmers must have competed at the Swim England Regional Championships 2019 in any event	

Consideration Times
All times are expressed in short course metres

Girls Age	10	11	12
YoB	2010 (Note 3)	2009	2008
100 Free		1.11.80	1.08.00
200 Free	2.48.50	2.38.00	2.28.40
400 Free			5.13.30
100 Breast		1.35.10	1.28.90
200 Breast	3.37.30	3.22.50	3.12.00
100 Fly		1.28.20	1.19.80
200 Fly	3.44.00	3.32.00	3.16.00
100 Back		1.21.80	1.17.10
200 Back	3.07.00	2.55.40	2.45.00
200 IM	3.09.60	2.59.00	2.49.20
400 IM			6.07.20

Boys Age	10	11	12
YoB	2010 (Note 3)	2009	2008
100 Free		1.13.00	1.08.40
200 Free	2.49.10	2.37.00	2.28.20
400 Free			5.14.10
100 Breast		1.38.20	1.31.80
200 Breast	3.42.30	3.28.30	3.14.40
100 Fly		1.27.10	1.20.40
200 Fly	3.44.00	3.32.00	3.16.00
100 Back		1.22.40	1.18.20
200 Back	3.13.40	2.56.00	2.45.20
200 IM	3.14.60	2.57.40	2.48.40
400 IM			6.07.20

13 year old Girls & Boys – born 2007

To be considered to remain or enter County A Squad during 2019-20 swimmers should have competed in the Swim England Regional Championships 2019 in any event

Notes

1. All ages as at 31 December 2020
2. Membership of County A Squad is entirely at the Coaches discretion.
3. 10 year old Consideration Times are stated in order to join County A Squad in September 2020

Pathways

Entry to County A Squad
Swimmers will be invited to trial with County A Squad by the Lead Squad Coach.
Under normal circumstances there will be a two week trial with County A Squad prior to a three month probationary period. During this trial, the squad coaches will assess a swimmer's attendance, attitude, aptitude, effort and progress. Should a probationary period be offered, the squad coaches will continue to monitor the above. The probation will generally be followed by a review meeting to be held with swimmer and parents to discuss the swimmer's performance and decide on whether the swimmer will be offered a permanent place in the Squad. In the case of a swimmer not being offered a permanent place, membership of an alternative squad will be made.

Continued Membership of County A Squad
Swimmers who do not maintain all of the squad criteria during the course of the year will generally be transferred to a more appropriate training squad.

Graduation to Regional Squad

EITHER

(1) Swimmers born 2007 will be invited to trial in High Performance Regional Squad in September 2019 by meeting the Regional Squad Criteria and achieving the 2019 Swim England South East Regional Championships Automatic Qualifying Times by the competition closing date

OR

(2) Swimmers born 2007 and 2008 will be invited to trial in High Performance Regional Squad in September 2020 by meeting the Regional Squad Criteria and achieving the 2020 Swim England South East Regional Championships Automatic Qualifying Times by the competition closing date

Regional Squad Criteria
See the High Performance Qualifying Criteria for further details of the Regional Squad and High Performance Criteria.

Time Out
Swimmers aged 13 years (born 2007) will time out of County A Squad after the 2020 summer term.
Those swimmers who are not invited to join Regional Squad in September 2020 will be transferred to a more appropriate squad.

Guildford City Age Band Structure

From 1 September 2019

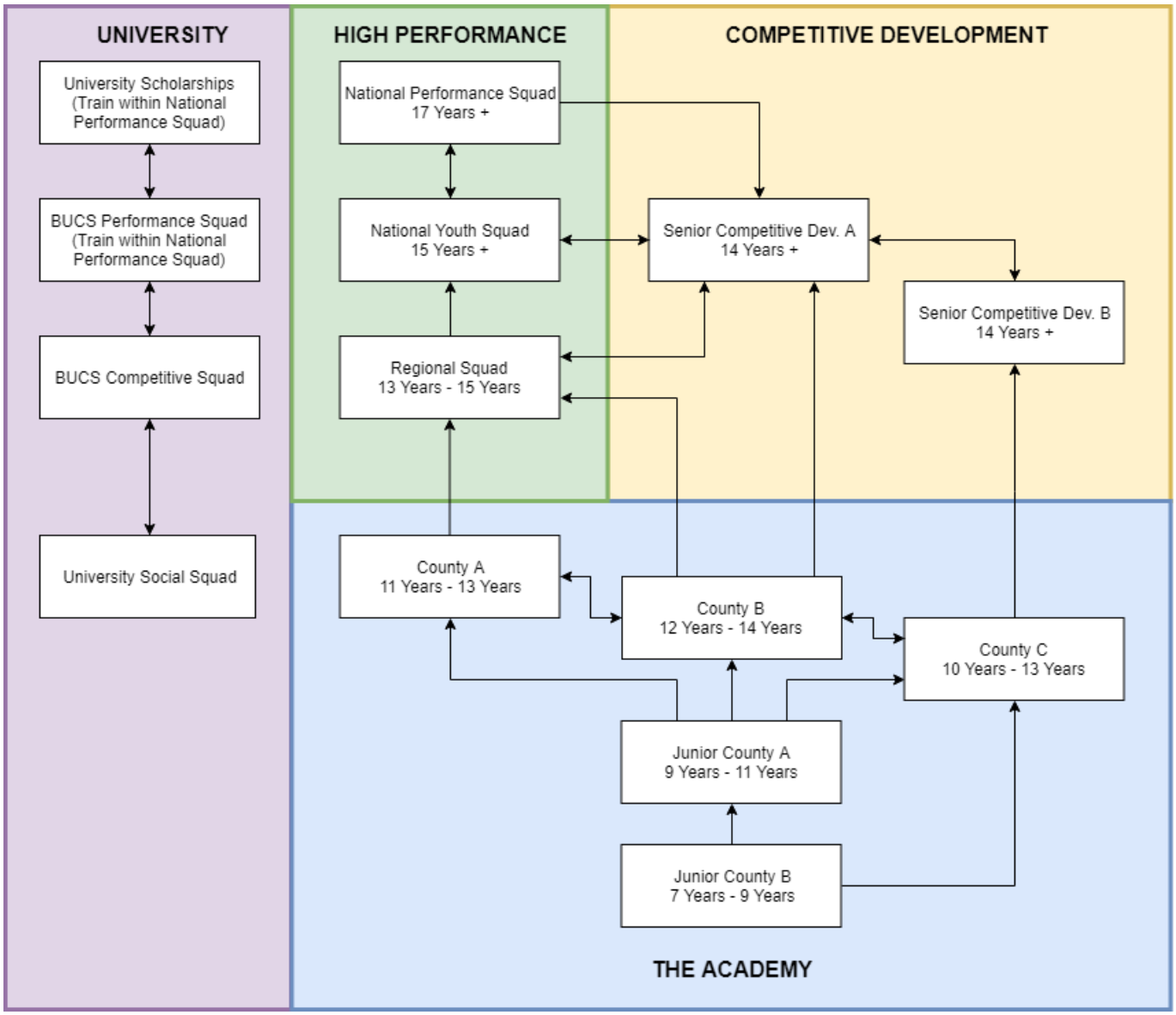
Ages as at 31 December 2020

Age	YOB	High Performance			Academy					Comp Development	
19+	2001	NPS								Snr A	Snr B
18	2002	NPS	NAYS							Snr A	Snr B
17	2003	NPS	NAYS							Snr A	Snr B
16	2004		NAYS							Snr A	Snr B
15	2005		NAYS	REGS						Snr A	Snr B
14	2006			REGS		C B				Snr A	Snr B
13	2007			REGS	C A	C B	C C				
12	2008				C A	C B	C C				
11	2009				C A		C C	Jr Cou A			
10	2010						C C	Jr Cou A			
9	2011							Jr Cou A	Jr Cou B		
8	2012								Jr Cou B		
7	2013								Jr Cou B		

Squad Key

NPS	National Performance Squad	C A	County A Squad
NAYS	National Youth Squad	C B	County B Squad
REGS	Regional Squad	C C	County C Squad
Snr A	Senior Competitive Dev. A	Jr Cou A	Junior County A
Snr B	Senior Competitive Dev. B	Jr Cou B	Junior County B

Competitive Squad Structure



Mission

Motto

'Shaping the Future of Swimming in the South East'

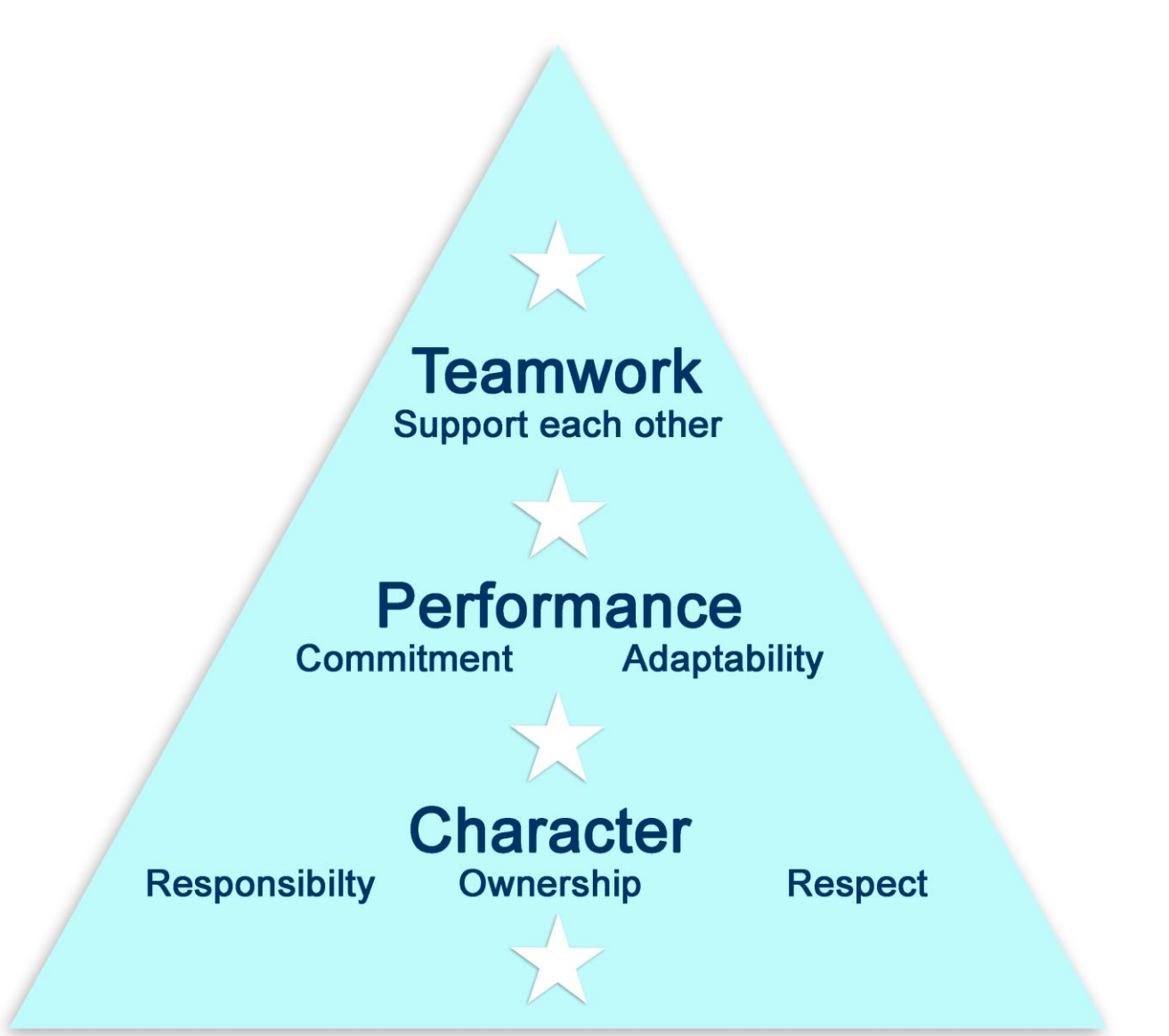
Mission Statement

Every day we strive to provide an environment where personal excellence, honesty and commitment are expected. Through the pursuit of our dreams and goals we learn valuable life skills and develop the drive to achieve our potential in swimming and life. We are committed to fostering a healthy environment (mentally and physically) where swimmers are not afraid to fall down, fall short or fail in the lofty pursuit of their dreams; this is where character is developed.

Vision Statement

To continue to build a tradition of swimming excellence and develop our national reputation for producing passionate, inspired and high producing swimmers and coaches. Our aim is to ensure that every athlete has the opportunity to reach their potential within the sport (regardless of standard) and to provide a culture that encourages learning and personal development within a safe friendly environment. Good sportsmanship will always be encouraged with the expectation that our members strive to be humble in victory and gracious in defeat. To maintain the highest possible standards we believe that team unity, character development and personal responsibility are paramount to providing a successful culture for all.

Values



Performance ★ Team ★ Character

TEAM SURREY

Swim England Swimming | Performance Centre



★ Teamwork

Support each other

We aim to support everyone involved with Guildford City Swimming Club or the University of Surrey. This includes **supporting team mates** at competitions and training partners during training sessions.

★ Performance

Commitment

This involves making a commitment to the club and includes commitment to **attendance, work ethic** and **punctuality** at training, competition and any other activities associated with the club.

Adaptability

Everyone needs to be adaptable to training and competition but we expect all members to show **willingness** and **tenacity** to changing under challenging circumstances. Furthermore, we all need to show **resilience** within our lives and the ability to bounce back from adversity is an important quality.

★ Character

Responsibility

Our expectation is that every member takes responsibility for their actions to include training, competition and any other activities and lifestyle management.

Respect

Our expectation is that everyone shows respect for other **members**,the **facility** and for us as **individuals**.

Ownership

Our expectation is that we all take ownership for the **process** of **training**, take **accountability** for our actions and ownership for **self-reflection** of our actions.

Performance ★ Team ★ Character