Guildford City Swimming Club
Senior Competitive Development A Squad
Qualifying Criteria & Specification
1st September 2020 to 31st August 2021

Senior Competitive Development A Squad is for swimmers of age 14 and above (2007+) who have not yet reached the standard or do want to make the commitment to the High Performance Squads. It is ideal for those individuals who enjoy a number of activities with other commitments outside of swimming.

The Squad trains 11 pool hours per week plus 1 land training session using the facilities at Surrey Sports Park, the Guildford Spectrum and Aldershot Garrison 50m Pool. New members are welcome to join throughout the year. All trials are free of charge and are arranged specifically for you.

Understanding the Senior A Competitive Development Squad

- Friendly training programmes built around attending competitions
- Development of race skills in all four strokes
- Builds fitness and strength
- 3 Pool Locations
- 11 hours of pool training plus 1 land training session available each week
- Motivational, expert and caring ASA qualified and DBS certified Coaches
- Varied competition plan available throughout the year
- All swimmers are eligible to participate in the Arena League and if selected are expected to compete for the Club with pride

Senior Competitive Development A

Generally 14 Years & Over (Born 2007 or Earlier)

Total available weekly training sessions	Pool – 11 hours	Land – 1 hour

Training Sessions

Day	Start	End	Length	Pool / Land	Venue
Monday	06:00	07:00	1 hour	Pool	Guildford Spectrum
Tuesday	19:00	21:00	2 hours	Pool	Surrey Sports Park
Wednesday	19:00	21:00	2 hours	Pool	Aldershot Garrison
Thursday	19:00	21:00	2 hours	Pool	Aldershot Garrison
Friday	19:00	21:00	2 hours	Pool	Surrey Sports Park
Sunday	08:00	09:00	1 hour	Land	Surrey Sports Park
Sunday	09:00	11:00	2 hours	Pool	Surrey Sports Park

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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 Borough	Short	L2
February	Surrey County Championships	Long	L1
March	Guildford City	Short	L3
April	Guildford City	Long	L1
May	South East Regional Championships	Long	L1

Please note these are the only swim meets that are recommended. If there are any changes the Lead Coach will notify the Squad. Subject to qualification and or selection all Squad swimmers are expected to attend these events.

Consideration Requirements

Swimmers should achieve:

One Surrey County Championships qualifying time in any event

Notes

1. All ages as at 31st December 2021
2. Membership is entirely at the Coach's discretion.
3. Membership is renewable on a term by term basis

Pathways to High Performance Squads

See the High Performance Qualifying Criteria for further details

Guildford City Age Band Structure

September 2020 – July 2021

Ages as of 31 December 2021

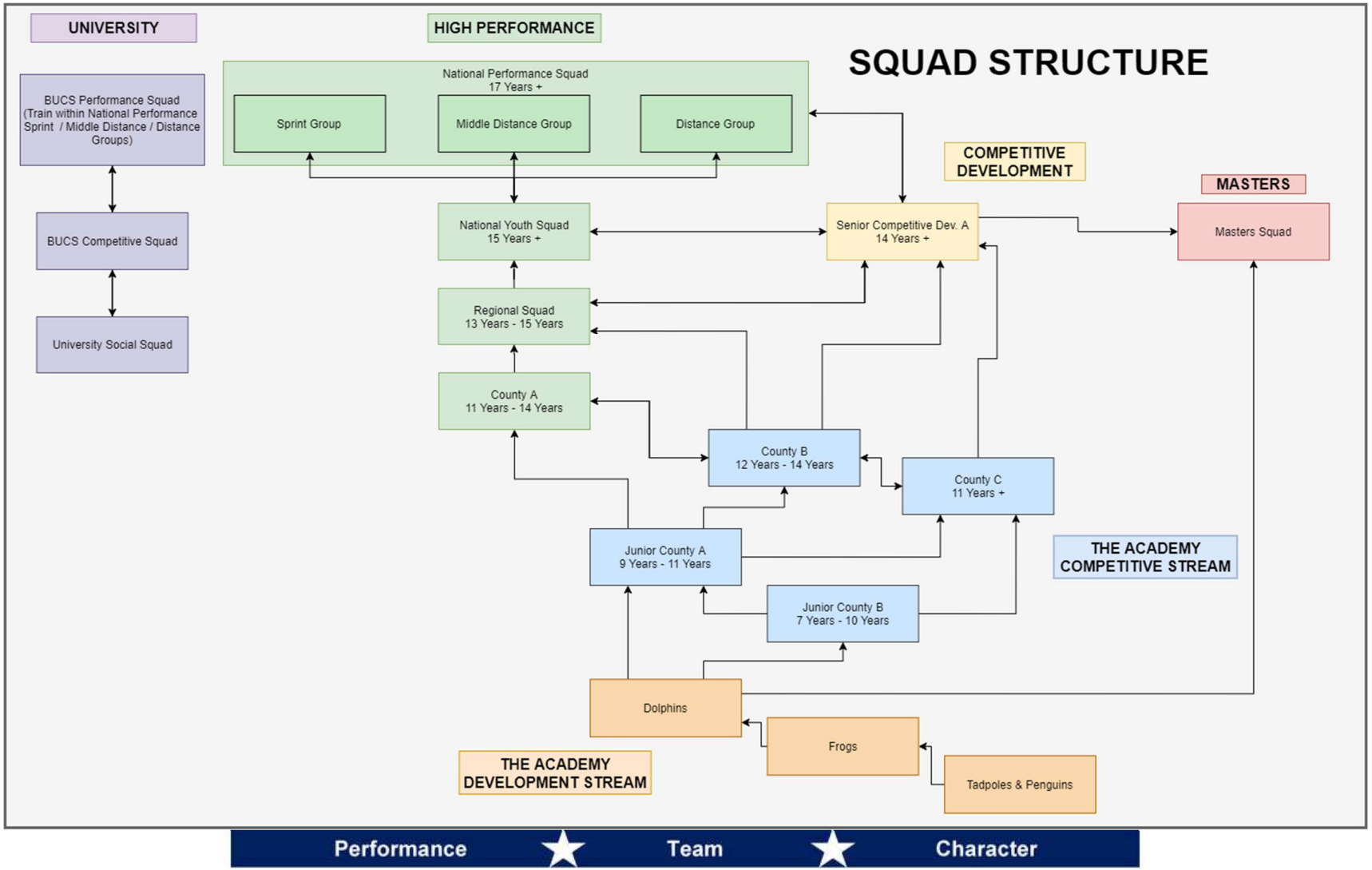
Age	YOB	High Performance				Academy				Comp Development
19+	2002	NPS					CC			SNR
18	2003	NPS	NAYS				CC			SNR
17	2004	NPS	NAYS				CC			SNR
16	2005		NAYS				CC			SNR
15	2006		NAYS	REGS			CC			SNR
14	2007			REGS	CA	CB	CC			SNR
13	2008			REGS	CA	CB	CC			
12	2009				CA	CB	CC			
11	2010				CA		CC	JR COU A		
10	2011							JR COU A	JR COU B	
9	2012							JR COU A	JR COU B	
8	2013								JR COU B	
7	2014								JR COU B	

Squad Key

NPS	National Performance Squad	CB	County B
NAYS	National Youth Squad	CC	County C
REGS	Regional Squad	JR COU A	Junior County A
CA	County A	JR COU B	Junior County B
		SNR	Senior Development

Performance ★ Team ★ Character

Club 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.

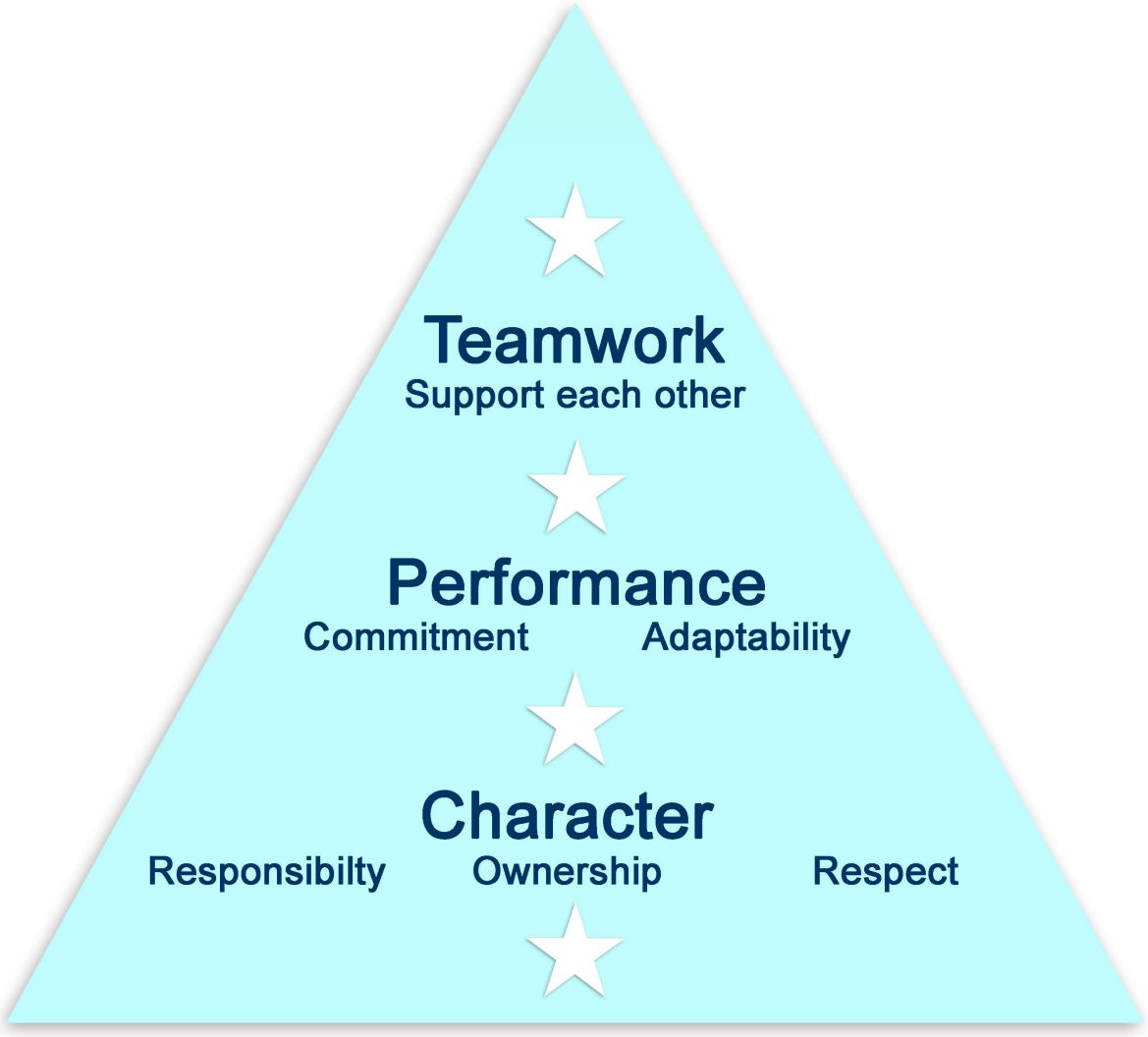
Vision Statement

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.

TEAM SURREY

Swim England Swimming | Performance Centre





Performance ★ Team ★ Character

Key Values

★ 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.