

Junior Competitive Development Squad Specification Sheet 2023-24

Generally, 11 to 15 Years (Born 2013 to 2009)

Total available weekly training sessions | Pool – 6 hours

Squad Profile

Junior Competitive Development Squad is part of the Guildford City Swimming Club Transition section. It is for swimmers aged from 11 to 15. The Squad's aim is to offer a developmental opportunity for swimmers who wish to be competitive but have not yet reached the appropriate developmental level or who are not ready to make the necessary level of commitment to the other competitive squads. There is a full weekly programme available totalling 6 hours of pool training and those swimmers who aspire to graduate to the next level are encouraged to maximise as many hours as they can.

Minimum Standard

There are no consideration times required, admission is at the discretion of the coach and is reviewed on a termly basis

Movement to other squads / pathways

Swimmers who meet the relevant "Key Measures" may be considered for a promotion to any other Squad at any point during the year at the discretion of the coaches.

Time Out

Swimmers aged 15 years (born 2009) will generally time out of the Squad in August 2024

- Ages as at 31 December 2024
- Special consideration may be made at the Coaches' discretion waiving the age parameters. In reviewing each case Coaches will consider 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 standards 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.



★ 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





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.

