



SQUAD CRITERIA

- All swimmers are expected to follow our Swimmer Etiquette
- Parents/carers are expected to support the Club with this and explain this to their swimmer.
- All swimmers are expected to do pre-pool exercises following the RMAP protocol.
- Swimmers must achieve the entry criteria for the next squad in order to earn promotion, subject to space being available.
- Discretion may be applied in certain situations - Head Coach decision is final.
- As a competitive club we would like to see all our swimmers compete. We have identified the type of galas we would like swimmers to do at each squad level.

FOUNDATION

- Our entry level squad.
- Must be able to swim 50m front crawl and 50m backstroke.
- Will work towards Swim England club Award levels 1 & 2.
- Compete in our two Novice Galas in October and March, plus our Club Champs.

JUNIOR 3

- Must have achieved Swim England Club Award 2.
- Will work towards Swim England Club Award level 3.
- Compete in our two Novice Galas in October and March, plus our Club Champs.

JUNIOR 4

- Must have achieved Swim England Club Award 3.
- Will work towards Swim England Club Award level 4.
- Compete in our two Novice Galas in October and March.
- Compete in our Club Championship galas and our Sept. & Jan. home open meets. Swimmers must be 9 years old to compete in open meets.
- Are expected to represent the Club at friendly galas if selected.

JUNIOR 5

- Must have achieved Swim England Club Award 4.
- Will work towards Swim England Club Award level 5.
- Compete in our Club Championship galas and our 3 home open meets.
- Should aim to enter at least 2 other level 3 open meets each year from the club programme.
- Are expected to represent the Club at league or friendly galas if selected.

JUNIOR 6

- Must have achieved Swim England Club Award 5.
- Will work towards Swim England Club Award level 6.
- Compete in our Club Championship galas and our 3 home open meets.
- Should aim to enter at least 3 other level 3 open meets each year from the club programme.
- Are expected to enter the Sussex County Winter Competition and Sussex County Championship if they qualify for these.
- Are expected to represent the Club at league or friendly galas if selected.

SENIOR SQUAD A

- Must have achieved Swim England Club Award 6.
- Compete in our Club Championship galas and our 3 home open meets.
- Should aim to enter at least 3 other level 3 open meets each year from the club programme
- Are expected to represent the Club at league or friendly galas if selected.
- We continue to build on the skills learned through the Club Award scheme, but sets are more challenging.

SENIOR SQUAD B

- This competitive squad is for our older youth swimmers who either do not meet Performance squad criteria or do not wish to commit to the full demands of the Performance squads.
- Compete in our Club Championship galas and our 3 home open meets.
- Should aim to enter at least 3 other level 3 open meets each year from the club programme.
- We recognise that a few want to continue swimming for fitness, but no longer wish to compete regularly. We would still like to see them support our home open meets and represent the Club in League galas if selected. However, this is not compulsory for these swimmers.
- The senior youth programme will target sprint events (50m & 100m).

PERFORMANCE SQUADS 1-3

- Swimmers will usually be automatically invited to join the Performance Squads age 12+ if have competed at the Sussex County Championships.
- Swimmers in the Senior Squads may ask the Head Coach to join the Performance Squads at any time if they are close to achieving County times and are prepared to commit to the demands of these squads.
- There are 3 squad levels which reflect the amount of pool time they have, age and competition level, with those age 15+ at Regional/National level having access to all available sessions.
- Parents of Performance Squad members are expected to contribute to the Club through volunteering in some capacity e.g. coaching, officiating, committee.
- A meeting will be held with the swimmer and their parents/carers prior to them joining Performance 1.
- There will be a 3-month probationary period before confirming membership of this squad.
- All Performance Squad swimmers are expected to complete a monthly log sheet, set goals for galas and write race plans. These skills will be developed as they progress through the squads.
- Are expected to enter our Club Championship galas and our 3 home open meets.
- Are expected to enter at least 3 level 1 open meets each year from the club programme
- Are expected to enter the Sussex County Winter Competition and Sussex County Championships.
- Are expected to enter all Regional and National competitions they qualify for.
- Are expected to represent the Club at league galas if selected.