

Guildford City Swimming Club  
High Performance Squads Qualifying Criteria  
September 2017 to 31 August 2018

World Class Senior and Age Group Swimming Programme

**Dedicated to Excellence**

The High Performance Squads continue the winning tradition started in 1998, which has seen Guildford City rise up the competitive ranks in the region to become the No.1 swimming club in both Surrey and the South East of England.

Guildford City's High Performance Squads are open to those swimmers who, display the *appropriate work ethic, meet the competitive criteria, make the required commitment to training and competition, and demonstrate a serious attitude* required to become a top swimmer. Swimming at this level becomes a "lifestyle" choice. Invitation into and continued membership of the High Performance Squads should be seen as a privilege and not an automatic right. As a result of the Club's ongoing success and the ever increasing demand for places within our High Performance Squads, criteria for membership continue to be refined.

**Criteria for membership to the High Performance Squads**

**General**

Membership to the High Performance Squads is exclusively at the Coaching Team's discretion. Please note that a swimmer does not automatically secure a place in the High Performance Squads by just achieving the relevant Guildford City Performance Eligibility Time alone. Both graduation to and continued membership of a High Performance Squad will normally depend on a swimmer satisfying *all* of the criteria below.

**Probationary Period**

In entering any of the High Performance Squads from within the Club or from the outside, swimmers will generally serve a minimum three months probationary period during which time they will be carefully monitored to ensure they are coping with the relevant squad's training and competition culture. During this period the Squad Coaches will assess a swimmer's attendance, attitude, aptitude, effort and progress. Generally at the end of the probationary period a review meeting will be held with swimmer and parent to discuss the swimmer's performance and decide on whether the swimmer will be offered a permanent place in the High Performance Squads. In the case of a swimmer not being offered a permanent place, membership of an alternative squad will be made.



## **1. Work Ethic and Attitude**

A swimmer must demonstrate a consistently appropriate strong work ethic over the entire year. Numerous factors will be taken into account when determining whether a swimmer has displayed a suitable work ethic including (but not limited to):

- a) The Coaching Team's opinion on how a swimmer has coped with the training culture of their current squad and if being considered for promotion whether they will be able to show the required increased commitment and be able to cope with both the physical and emotional demands of the next squad's training culture.
- b) The swimmer showing that they can accept feedback on performance and accept personal responsibility in all aspects of training.

## **2. Commitment to the Squad Training and Competition Schedule**

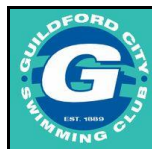
Attendance records are continuously monitored to ensure that a swimmer is dedicating sufficient time to develop both the skill and fitness levels required in the pool and the gym to succeed. The mandatory squad minimum hours for both pool and land training have been set by the Guildford City Coaches, taking into consideration the Long Term Athletic Development Plan together with their experience and success in developing high performance swimmers of all ages. Swimmers are expected to regularly attend more than the minimum training hours in order to maximise their improvement and maintain the standards of excellence expected of the High Performance Squads. They are also expected to follow their squad's competition programme throughout the year. Any variation to the published training or competition programme can only be made with the express permission of the squad Coaching Team. To minimise compromising swim fitness levels, the inevitable loss of water skills and a general feel for the water, members of all of the High Performance squads are expected to restrict taking prolonged breaks during the swimming season.

Experience shows that if a swimmer takes seven days off for a holiday during the training season, generally it will then take a further twenty-one days to regain swim fitness levels. In the meantime the respective squad's training regime has progressed.

It is mandatory for HPS swimmers selected to represent their Club in league galas or relay teams to compete for the Club 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.

## **3. Age**

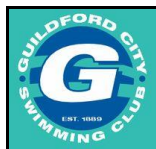
Generally meeting the Squad age parameters - Swimmers may graduate to the next squad when they become age eligible. However in some circumstances the Coaches may use their discretion to transfer swimmers between squads without reference to age.



## Guildford City Age Band Structure

Female										Age	YofB	Male											
Competitive Development				High Performance								High Performance								Competitive Development			
			Snr						Nays	18+	2000	Nays								Snr			
			Snr						Nays	17	2001	Nays	Nags							Snr			
			Snr					Nags	Nays	16	2002		Nags							Snr			
Jr Dev			Snr					Nags		15	2003		Nags	Regs						Snr	Int		Jr Dev
Jr Dev		Int	Snr				Regs	Nags		14	2004			Regs							Int		Jr Dev
Jr Dev	Jr CDS	Int					Regs			13	2005			Regs							Int	Jr CDS	Jr Dev
Jr Dev	Jr CDS	Int					Cou	Regs		12	2006				Cou						Int	Jr CDS	Jr Dev
Jr Dev	Jr CDS	Int					Cou			11	2007				Cou	Jr Cou					Int	Jr CDS	Jr Dev
Jr Dev	Jr CDS					Jr Cou	Cou			10	2008				Cou	Jr Cou						Jr CDS	Jr Dev
Jr Dev	Jr CDS			Jr Cou P	Jr Cou	Cou				9	2009					Jr Cou	Jr Cou P					Jr CDS	Jr Dev
				Jr Cou P	Jr Cou					8	2010					Jr Cou	Jr Cou P						
				Jr Cou P	Jr Cou					7	2011					Jr Cou	Jr Cou P						

Key	Nays	National Youth Squad
	Nags	National Age Group Squad
	Regs	Regional Squad
	Cou	County Squad
	Jr Cou	Junior County Squad
	Jr Cou P	Junior County Potential
	Snr	Senior Competitive Development
	Int	Inter Competitive Development
	Jr CDS	Junior Competitive Development
	Jr Dev	Junior Development



#### 4. Performance Eligibility Times & High Performance “Potential Athlete” Award

A swimmer will generally have to have achieved and continuously maintained the appropriate Squad Performance Eligibility Time. Subject to space availability, High Performance Squad places may be offered to individuals who have not yet achieved the appropriate Squad Performance Eligibility Time.

High Performance “Potential Athlete” Awards may be offered solely at the Coaches’ discretion to swimmers who have demonstrated excellence in training throughout the previous swimming year and who in the Coaches opinion are likely to ultimately achieve the relevant Squad Performance Time. “Potential Athlete” Awards are strictly renewable on a term by term basis and will be governed by the Lead Coaches.

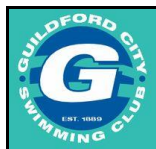
#### Progressive Training

The training chart below is essentially a recommendation on the training hours as swimmers move through the squads. Swimmers failing to meet the outlined hours will no longer be able to train in the High Performance Squads, they will be offered the chance to train with the Competitive Development Squads.

Depending on the profile of the swimmer this may be adjusted by squad coach at any point.

Female			Squad	Male		
Land	Pool	Age		Age	Pool	Land
4	18	17+	NYS	18+	18	4
4	16	16	NAGS/NYS	17	16	3
3	14	15	NAGS	16	14	2
2	12	14	REGS/NAGS	15	12	2
2	12	13	REGS	14	12	2
2	10	12	COU/REGS	13	10	2
1	9	11	COU	12	9	1
1	8	10	COU	11	8	1
1	7	9	COU	10	7	1

By following this training progression the chances of reaching a plateau in a swimmer’s development will reduce and the probability of long term success will increase.



## National Youth Squad

Girls	Generally 16 years plus - 2002 & older
Boys	Generally 17 years plus – 2001 & older

Total available weekly training sessions	Pool – 20 hours	Land – 6 hours
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### Minimum performance standard

Achieving any one of the following in an event of 100m and above:

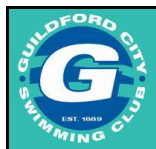
1. British Swimming Championships 2017 qualifying time
2. British Summer Nationals qualifying time or top 24 in age group. (19+ one age band)

Times are to be achieved during the long course competition window 2018. Swimmers who do not achieve the minimum performance standard by 31 May 2018 will generally be transferred to Senior Performance Squad at that date.

### Squad Profile

In reaching Guildford City's top squad a swimmer will start the process of specialisation. Daily training sessions are generally divided into event groupings including Individual Medley, Distance Freestyle and Sprint. Each swimmer will receive a customised training programme to suit their specific needs and to ensure the optimisation of performance.

Squad members are expected to play an important mentorship role for the younger swimmers in the club. In addition they are expected to give priority to swim training and competition over extra circular school activities including participating in school sports and the Duke of Edinburgh Awards Scheme.



### National Age Group Squad

Girls	Generally 14 years plus - 2004 & older
Boys	Generally 15 years plus – 2003 & older

<b>Total available weekly training sessions</b>	<b>Pool – 16 hours</b>	<b>Land – 4 hours</b>
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#### Minimum performance standard

1. Achieving at least one base or automatic qualifying time by the relevant competition closing date to compete at the ASA South East Region Swimming Championships 2018 in an event of 100m and above. Swimmers who do not achieve this minimum performance standard will generally be transferred to Senior Performance Squad at that point

AND

2. Achieving any one of the following in an event of 100m and above
  - a. British Summer or ASA English Summer Nationals Championships 2018 qualifying time Times to be achieved during the long course competition window mid March 2017 to end May 2017.

Or

- b. Achieving a top 8 ranking (HDW events) or swim in a final at the ASA South East Region Swimming Championships 2017

Swimmers who do not achieve this minimum performance standard (either 2a or 2b above) by 31 May 2018 will generally be transferred to Senior Performance Squad at that date

#### Graduation to National Youth Squad

Swimmers will normally graduate to the National Youth Squad by meeting the National Youth Squad criteria and being age eligible

Time out age in August 2018 from the National Age Group Squad – Male 2001, 17 years old and Female 2002, 16 years old

#### Squad Profile

The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley. Members of the squad are expected to give priority to swim training and competition over extra circular school activities including participating in school sports and the Duke of Edinburgh Awards Scheme.



## Regional Squad

Girls	Generally 12 years plus - 2006 & older
Boys	Generally 13 years plus – 2005 & older

<b>Total available weekly training sessions</b>	<b>Pool – 14 hours</b>	<b>Land – 3 hours</b>
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Minimum performance standard

1. Achieving an ASA South East Region Swimming Championships 2018 automatic qualifying time in a 100m event or above.

OR

2. ASA South East Region Swimming Championships 2018 base qualifying time in an event of 200m and above

PLUS EITHER

1. An ASA South East Region Swimming Championships 2018 base qualifying time in an Individual Medley event

OR

2. An ASA South East Region Swimming Championships 2018 base qualifying time in an 800m / 1500m Freestyle event

Swimmers who do not achieve this minimum performance standard by the ASA South East Region Championships closing date will generally be transferred to the Competitive Development Division at that point

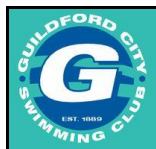
Graduation to National Age Group Squad

Swimmers will normally graduate to the National Age Group Squad by meeting the National Age Group Squad criteria and being age eligible

Time out age in August 2018 from Regional Squad – Male 2003, 15 years old and Female 2004, 14 years old.

Squad Profile

The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley.



## County Squad

<b>Girls</b>	<b>Generally 9 years plus - 2009 &amp; older</b>
<b>Boys</b>	<b>Generally 10 years plus – 2008 &amp; older</b>

<b>Total available weekly training sessions</b>	<b>Pool – 10 hours</b>	<b>Land – 1 hour</b>
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Minimum performance standard

11 years – 2007

Achieve at least three of the County Squad Short Course Performance Eligibility Times that must include an Individual Medley event or a 200m/400m Freestyle event.

Note - County Squad swimmers born 2007 who do not meet the Regional Squad performance standard by end of May 2018 may be able to retain their place in County Squad for 2018-19 by meeting the 11 year old County Squad Short Course Performance Eligibility Times.

10 years – 2008

Achieve at least three of the County Squad Short Course Performance Eligibility Times that must include an Individual Medley event or a 200m/400m Freestyle event.

9 year – 2009

Achieve at least two of the County Squad Short Course Performance Eligibility Times one of which must be either 200m Individual Medley or 200m Freestyle.

### County Squad Short Course Performance Eligibility Times

<b>Girls &amp; Boys</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>2009</b>	<b>2008</b>	<b>2007</b>
200 Free	3.11	2.57	2.42
400 Free	6.22	6.20	5.53
200 Breast	4.07	3.48	3.31
200 Fly	4.13	3.41	3.22
200 Back	3.32	3.17	3.02
200 IM	3.40	3.22	3.06
400 IM	7.19	7.20	6.44





#### Graduation to Regional Squad

Female 12 year olds (born 2006)

Male 13 year olds (born 2005)

Swimmers will normally graduate to the Regional Squad by meeting the Regional Squad criteria and achieving the minimum performance standard by the required date

Swimmers who do not achieve this minimum performance standard by the ASA South East Region Championships 2017 closing date will generally be transferred to the Competitive Development Division at that point

Female 11 year olds (born 2007)

Male 12 year olds (born 2006)

Swimmers will normally graduate to the Regional Squad by achieving at least one ASA South East Region Swimming Championships 2017 base qualifying time in a 100m event or above

#### PLUS

A Surrey 'A' County Championship 2017 qualifying time in a 200m Or 400m Individual Medley event

#### Time out age

2017-2018 – Female 12 years old – swimmers born in 2006

Male 12 years old – swimmers born in 2006

#### Squad Profile

County Squad is primarily for swimmers who have reached and can maintain the minimum standard of a Surrey County Qualifying Time. The main training emphasis is based on optimising performance on all strokes and in particular 200m and 400m Individual Medley.



## **Disability Swimmers**

Guildford City is committed to developing swimmers with disabilities. Special consideration may be made at the Coaches' discretion for inclusion into the High Performance or Competitive Development Squads where the Club operates a fully integrated programme with disabled and abled swimmers training together. Swimmers will be expected to have obtained or be in the process of obtaining an IPC Classification and have the personal motivation and ability to achieve success at county and regional level and the aspiration to be invited to join the British Swimming Disability World Class Programmes.

## **Additional Notes**

- Special consideration may be made at the Coaches' discretion waiving the age parameters. In reviewing each case Coaches will take into account 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 times 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
- Swimmers will retain their place in the High Performance section by maintaining all of the relevant squad criteria
- Swimmers missing prolonged periods of training for various reasons (including but not limited to exams, illness, holidays) maybe invited to train with the Competitive Development Squads until they have regained their fitness or skills levels to the High Performance standard