



University of Surrey Swimming Squad Criteria 2018 – 2019

The University of Surrey is a recognised Performance Centre for Swimming endorsed by Swim England. This status has been achieved in recognition of its unique club and university synergy and through the offer of world class facilities and coaching. We offer customised support to our elite swimmers who aim to maximise their potential as athletes in a high performance culture.

The University of Surrey Swim Squad has been progressing steadily since moving to Surrey Sports Park 50m Pool in 2010. The Squad works in partnership with Guildford City Swimming Club and is managed by their group of world class coaches, with experience at Olympic, World, European and National level. The University Swim Team is in the top division of the BUCS Team Championships and has regular finalists at the two BUCS Championships both individually and as relay teams.

Swimming at the University of Surrey is separated into two divisions. The High Performance Squads are designed for swimmers who want to compete and commit to regular training. The Social Squad is for swimmers who wish to keep fit and enjoy the social aspects of university sport.

The training squads available are:

High Performance Squads	Social Squads
1. Scholarship Squad	4. The Social Squad
2. Performance Squad	
3. BUCS Squad	

High Performance Squads

Dedicated to Excellence

The University of Surrey'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 Universities ongoing success and the ever increasing demand for places within our High Performance Squads, criteria for membership continue to be refined on an annual basis.



Criteria for membership to the High Performance Squads

General

Membership to the University 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 Performance Eligibility Time alone. Both admittance to and continued membership of the University Squad will normally depend on a swimmer satisfying *all* of the criteria below.

Probationary Period

In entering any of the University of Surrey High Performance Squads 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 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 to discuss the swimmer's performance and decide on whether the swimmer will be offered a permanent place. In the case of a swimmer not being offered a permanent place, an alternative proposal 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.
- c) Swimmers taking responsibility for managing their own lifestyle to ensure they gain form the training programme being delivered. This includes arranging training around lectures, socializing, nutrition and sleep patterns being maintained at a high performance standard.



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 University of Surrey 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 University High Performance Squads are expected to restrict taking prolonged breaks during the swimming season. This includes maintaining training through holiday and exam periods within the University Programme.

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 University of Surrey High Performance swimmers selected to represent the University of Surrey in league galas or relay teams to compete for the University 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.



General Conditions of Membership to the High Performance Squads

Scholarship, Performance and BUCS Squads

All swimmers will be expected to:

- Make a full commitment to all aspects of the University of Surrey Swimming Programme, including competition.
- Be expected to make the correct athlete management choices i.e. Social, Nutrition, Injury-Prevention, Time Management and be coachable.
- Fully support and contribute to the positive ethos of the University of Surrey Swimming Programme.
- Attend a minimum of 80% of available training sessions and designated competitions.
- If applicable accept and meet all of the scholarship requirements.

Failure to meet any of the above General Conditions may result in a swimmer being asked to leave these training groups.

1. Scholarship Squad

Admission to Scholarship Squad:

- Places are limited with final decisions made by the University of Surrey Swimming Coaches in association with the University Of Surrey Head Of Elite Sport.
- Swimmers must have achieved the minimum standard of a time equal to or faster than those stated in Table A long course in the season prior to admission (**Equivalent to British Championship Standard**). This applies to freshers and returning students.
- First claim membership to the University of Surrey Swimming and Water Polo Club for all Championship Competitions and Open Meets
- Represent Guildford City Swimming Club at Arena League and designated Competitions where and when selected.

Maintaining place in Scholarship Squad:



- Commitment to a 48 week programme.
- Attending the appropriate weekly pool and strength & conditioning training sessions as directed by the Lead University Coach.
- Achieving yearly performance progression as defined during goal setting with the Lead University Swimming Coach. This includes but is not limited to – pool performances, training performances (pool and land), nutritional and psychological goal setting.
- Committing to the full competition programme across both BUCS and ASA affiliated meets.

Potential Benefits of the Scholarship Squad

High Performance Athlete Support Scheme (HPASS)

Successful applicants to the Scholarship Squad may be offered up to twenty hours per week pool training and five hours per week land training. Members will be eligible to apply for the High Performance Athlete Support Scheme (HPASS) which enables them to train directly with the Guildford City Swimming Club National Youth and Senior Squad. In addition they will be provided access to an individual strength and conditioning programme, sports science support, nutrition advice, physiotherapy and sports psychology. The value of the HPASS Scheme is equivalent to up to £3000 per annum.

Places on HPASS Scheme are limited. Where the number of eligible candidates exceeds the number of places available then the highest performers based on FINA points will be given priority.

For further information regarding HPASS please follow this link;

<http://teamsurrey.co.uk/performance/who-can-apply.php>



**Table A:
Scholarship Squad Performance Standards**

Male	Event	Female
0:23.61	50 FC	0:26.51
0:51.54	100 FC	0:57.09
1:53.07	200 FC	2:03.22
4:00.30	400 FC	4:20.51
8:20.0	800 FC	8:58.31
16:09.18	1500 FC	17:00.0
0:25.32	50 Fly	0:28.16
0:55.52	100 Fly	1:02.11
2:05.65	200 Fly	2:17.01
0:27.09	50 BK	0:30.00
0:57.54	100 BK	1:03.74
2:06.71	200 BK	2:17.14
0:29.73	50 BR	0:33.42
1:04.92	100 BR	1:12.25
2:21.15	200 BR	2:34.85
2:07.82	200 IM	2:19.74
4:35.13	400 IM	4:58.95

Training Times:

Scholarship Squad – 20 hrs Pool Training and 5 hrs Land Training per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5:50 – 8:00	5:50 – 8:00		5:50 – 8:00	5:50 – 8:00	9:00 – 11:00
	16:45 – 19:00	16:45 – 19:00	14:00 – 16:00	16:45 – 19:00	18:45 – 21:00	
Land	19:15 – 20:15	19:15 – 20:15		19:15 – 20:15	17:30 – 18:30	8:00 – 8:55



2. Performance Squad

Admission to Performance Potential Squad:

- Places are limited with final decisions made by the University of Surrey Swimming Coaches in association with the University Of Surrey Head Of Elite Sport.
- Swimmers must have achieved the minimum standard of a time equal to or faster than those stated in Table B long course in the season prior to admission (Equivalent to **British Summer National Qualification Standard**). This applies to freshers and returning students.
- First claim membership to the University of Surrey Swimming and Water Polo Club for all Championship Competitions and Open Meets
- Represent Guildford City Swimming Club at Arena League and designated Competitions where and when selected.

Maintaining place in Performance Squad:

- Commitment to a 48 week programme.
- Attending the appropriate weekly pool and strength & conditioning training sessions as directed by the Lead University Coach.
- Achieving yearly performance progression as defined during goal setting with the Lead University Swimming Coach. This includes but is not limited to – pool performances, training performances (pool and land), nutritional and psychological goal setting.
- Committing to the full competition programme across both BUCS and ASA affiliated meets.

Potential Benefits of the Performance Squad

Successful applicants to the Performance Squad may be offered up to 20 hours per week pool training and 3 hours per week land training that enables them to train directly with the Guildford City Swimming Club National Youth and Senior Squad.

The Performance Squad will have a dedicated Strength and Conditioning session on a Saturday morning lead by University of Surrey S&C Team. An additional Tuesday and Friday night session will also be made available with Guildford City.





Table B:
Performance Squad Performance Times

Male	Event	Female
24.36	50 FC	27.17
52.66	100 FC	58.65
1.55.90	200 FC	2.06.65
4.08.33	400 FC	4.26.97
8.38.0	800 FC	9.12.77
16.38.05	1500 FC	17.40.0
26.21	50 Fly	28.80
57.50	100 Fly	1.03.60
2.08.77	200 Fly	2.21.48
28.08	50 BK	30.94
59.21	100 BK	1.05.55
2.09.29	200 BK	2.21.45
30.52	50 BR	34.29
1.06.86	100 BR	1.14.53
2.26.93	200 BR	2.40.51
2.11.67	200 IM	2.23.27
4.42.30	400 IM	5.05.00

Training Times:

Performance Squad – 20 hrs Pool Training and 3 hrs Land Training per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	5:50 – 8:00	5:50 – 8:00		5:50 – 8:00	5:50 – 8:00	9:00 – 11:00
Evening	16:45 – 19:00	16:45 – 19:00	14:00 – 16:00	16:45 – 19:00	18:45 – 21:00	
Land	19:00 – 20:00				17:30 – 18:30	11:00 – 12:00*

*Compulsory session for all Performance Squad members to attend.



3. BUCS Squad

Admission to BUCS Squad:

- Subject to invitation by Lead University Swimming Coach
- Athletes must have achieved the minimum standard of a time equal to or faster than those stated in Table C below in the season prior to admission (Equivalent to the **Swim England South East Region Automatic Qualification Standard**). This applies to freshers and returning students.
- First claim membership to the University of Surrey Swimming and Water Polo Club for all Championship Competitions and Open Meets

Maintaining a place in BUCS Squad:

- Committing to a 36 week programme.
- Maintaining a minimum of 4 pool training sessions per week.
- Attending the weekly core strength and conditioning session plus attending additional individualised strength & conditioning sessions.
- Committing to the full BUCS competition programme which takes priority above all other competitions.

Potential Benefits of the BUCS Squad

Those who obtain a place in the BUCS competitive squad will be able to access one Strength and Conditioning session through the University of Surrey. This session will run on a Tuesday night between 2000 – 2100. Further Strength & Conditioning programmes can be designed for athletes keen to develop this aspect of their swimming.

Places in the BUCS Competitive Squad are limited and final decisions will be made at the sole discretion of Lead University Swimming Coach. Where the number of eligible candidates exceeds the number of places available then the highest performers based on FINA points will be given priority.



Table C:
BUCS Squad Performance Times

Male	Event	Female
24.40	50 FC	27.70
53.30	100 FC	59.10
1.57.70	200 FC	2.08.40
4.10.50	400 FC	4.34.50
8:45.0	800 FC	9.37.00
16.48.00	1500 FC	18:20.00
26.40	50 Fly	29.70
58.70	100 Fly	1.05.70
2.13.70	200 Fly	2.30.70
28.30	50 BK	31.70
1.00.20	100 BK	1.06.80
2.11.30	200 BK	2.25.30
31.60	50 BR	35.50
1.08.20	100 BR	1.15.50
2.30.90	200 BR	2.45.60
2.13.50	200 IM	2.26.30
4.46.70	400 IM	5.08.60

Training Times:

BUCS Competitive Squad – 9hrs 45mins Pool Training & 1hr Land Training per week

	Monday	Tuesday	Wednesday	Thursday	Friday
Evening	16:45 – 19:00	16:45 – 19:00	14:00 – 16:00	16:45 – 19:00	18:45 – 21:00
Land		20:00 – 21:00*			

*Compulsory session for all BUCS Squad members to attend.



Applying to swim with University of Surrey High Performance Swim Squads

- To make an application to swim in the High Performance Swim Squads please submit your Name, DoB, current Personal Best times and the date that they were swam, along with a brief statement of why you are interested in swimming at the University of Surrey and your future swimming ambitions.
- Make your submission to Lee Spindlow, Lead University of Surrey Performance Coach via coachspindlow@hotmail.com

4. Social Squad

Admission to Social Squad:

- Ability to swim one of the 4 recognised competitive swimming strokes for a minimum of 50m.
- Be confident for extended periods (60mins) in deep water (2m).

Training Times:

Social Squad – 5 hrs Pool Training per week

	Monday	Wednesday	Thursday
Evening	21:00 – 22:30	14:00 – 16:00	21:00 – 22:30

Contacts:

Lead High Performance Coach – Lee Spindlow

E: coachspindlow@hotmail.com T: +44 (0) 7765771220

W: www.gcsc.co.uk

Head of Student Sport – Mark Garfoot

E: m.garfoot@surrey.ac.uk T: +44 (0) 1483 682133

W: <http://teamsurrey.co.uk/clubs/swimming-and-water-polo.php>

University of Surrey Swim Squad President – Adam Toy

E: ussu.swimandpolo@surrey.ac.uk

Facebook - @surreyswimandpolo Twitter - @UoSSwimPolo





Summary Table

Offer	Scholarship Squad	Performance Squad	BUCS Squad	Social Squad
Standard	British Championships	British Summer Nationals	Regional Championships	Keep Fit
Pool time	20 Hrs	20 Hrs	10 Hrs	5 Hrs
S&C	5 Hrs	3 Hrs	1 Hr	None
HPASS	Yes	No	No	No
Programme	48 weeks	48 weeks	48 weeks	32 weeks
Sport Science	Yes	Yes	Yes	No
Training Camp	Yes	Yes	Yes	No
Competitions (Subject to qualification & eligibility)				
International	Yes			
National	Yes	Yes	Yes	
Regional	Yes	Yes	Yes	
BUCS	Yes	Yes	Yes	
Arena League	Yes	Yes		
Local			Yes	Yes