



University of Surrey Swim Team Criteria 2023– 2024

The University of Surrey Swim Team is a National Swim England Performance Centre. This status has been achieved in recognition of its unique club and university synergy together with the provision of world class facilities and coaching. Each performance squad swimmer receives individual customised support with the aim of maximising performance.

The University of Surrey Swim Team has been progressing steadily since moving to Surrey Sports Park 50m Pool in 2010. The Team works in partnership with Guildford City Swimming Club and is managed by their group of world class coaches, with experience at Olympic, World, and European level. The University Swim Team is in the top division of the BUCS Team Championships and ranked as a top 10 performing university.

Swimming at the University of Surrey is separated in two divisions. The High Performance Squads are designed for swimmers who want to compete and commit to regular training. The Development and Social Squad are for swimmers who wish to keep fit, improve their swim skills and enjoy the social aspects of university sport. The Development Squad swimmers have the option to compete at BUCS Short Course Championships.

The training squads available are:

High Performance Squads	Social Squads
1. National Performance Squad	3. Development Squad
2. Competitive Squad	4. Social Squad

Scholarships

Scholarships are awarded based on a combination of work ethic observed, lifestyle management and performance standards. By qualifying for the National Performance Squad you will receive a scholarship package up to £2,400 to include training, S&C and Sport Science support.

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, date of birth, 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 Coach lee.spindlow@gcsc.co.uk





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 University's 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.



Work Ethic and Attitude

A swimmer must demonstrate a consistently appropriate strong work ethic over the entire year. Numerous factors will be considered 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.
- 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 from the training programme being delivered. This includes arranging training around lectures, socializing, nutrition and sleep patterns being maintained at a world class standard.

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 from training 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 & BUCS & BUSL selection policy

All University Of Surrey 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.

Failure to meet any of the above conditions may result in a swimmer being asked to leave these training groups and de-selection from BUCS or BUSL squads.



National Performance Squad

Admission to the National Performance 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 **640 FINA Points**). This applies to first year and returning students.
- First claim membership to the University of Surrey Swimming 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 the National 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 Swim England affiliated meets.

Benefits of the National Performance Squad

Successful applicants of place in the National Performance Squad will be offered up to twenty hours per week pool training with S&C training. In addition, they will be provided access to an individual strength and conditioning programme, sports science support, nutrition advice, physiotherapy, sports psychology, kit and importantly a £2100 annual contribution to training fee's (made directly to Guildford City Swimming Club).

Places in the National Performance Squad 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.



Table A:

**National Performance Squad
Eligibility Times**

Long Course		
Open/Male	Event	Female
24.26	50 FC	27.46
54.43	100 FC	1:00.0
1:58.36	200 FC	2:11.10
4:15.36	400 FC	4:34.38
8:44.63	800 FC	9:22.54
16:50.72	1500 FC	17:48.12
25.84	50 Fly	28.34
57.43	100 Fly	1:04.37
2:08.49	200 Fly	2:21.34
27.84	50 BK	31.30
1:00.16	100 BK	1:06.80
2:09.87	200 BK	2:23.13
30.11	50 BR	34.11
1:06.00	100 BR	1:14.41
2:26.34	200 BR	2:41.42
2:12.28	200 IM	2:26.34
4:42.95	400 IM	5:09.08

Training Times: Performance Squad

20hrs Pool Training and 3 hrs Land Training per week & Complete Gym Access

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	550 – 800	550 – 800		550 – 800	550 – 800	900 – 1100
Evening	1645 – 1900	1645 – 1900	1400 – 1600	1645 – 1900	1845 – 2100	
Land	0800 - 0900		1600 – 1700		1700 – 1800	



Competitive Squad

Admission to Competitive 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 B below in the season prior to admission (Equivalent to the **540 FINA Points**). This applies to first year and returning students.
- First claim membership to the University of Surrey Swimming for all Championship Competitions and Open Meets

Maintaining a place in Competitive Squad:

- Committing to a 40 week programme.
- Maintaining a minimum of 6 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.

Benefits of the Competitive 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. Personalised Strength & Conditioning programmes can be designed for athletes upon request.

Places in the 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 B:
Competitive Squad Performance Times**

Long Course			Short Course		
Open/Male	Event	Female	Open/Male	Event	Female
25.67	50 FC	29.06	24.85	50 FC	28.15
57.60	100 FC	1:03.50	55.18	100 FC	1:01.70
2:05.25	200 FC	2:18.74	2:02.02	200 FC	2:15.60
4:30.24	400 FC	4:50.37	4:20.64	400 FC	4:47.25
9:15.20	800 FC	9:55.32	9:04.52	800 FC	9:48.63
17:49.62	1500 FC	18:50.35	17:21.42	1500 FC	18:47.32
27.34	50 Fly	30.00	26.70	50 Fly	29.93
1:00.78	100 Fly	1:08.13	59.04	100 Fly	1:07.06
2:15.97	200 Fly	2:29.58	2:12.91	200 Fly	2:26.88
29.47	50 BK	33.13	27.28	50 BK	31.52
1:03.67	100 BK	1:10.69	1:00.02	100 BK	1:07.40
2:17.43	200 BK	2:31.47	2:09.71	200 BK	2:26.41
31.86	50 BR	36.10	31.00	50 BR	35.07
1:09.84	100 BR	1:18.75	1:08.28	100 BR	1:16.57
2:34.87	200 BR	2:50.82	2:27.55	200 BR	2:45.25
2:19.99	200 IM	2:34.87	2:14.62	200 IM	2:29.64
4:59.43	400 IM	5:27.09	4:48.34	400 IM	5:17.98

Training Times: Competitive Squad
10 hrs Pool Training & 1 hr Land Training per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			800 – 900			1130 – 1300
Evening	2100 – 2230	1415 – 1515	1400 – 1600	2100 – 2230	2100 – 2230	
Land			1200 – 1300*			



Development Squad

Admission to the Development Squad:

- Subject to invitation by Lead University Swimming Coach
- First claim membership to the University of Surrey Swimming for all Championship Competitions and Open Meets

Potential Benefits of the Development Squad

- The Development Squad is designed for those who still want to enjoy their swimming while at university and potential take part in competitions when available.

Training Times:

Development Squad – 5hrs Pool Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			800 – 900			1130 – 1300
Evening		1430 – 1530			2100 – 2230	

Social Squad

Admission to Social Squad:

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

Training Times:

Social Squad – 2.5hrs Pool Training per week

	Monday	Wednesday
Evening	21:00 – 22:30	14:30 – 15:30



Student Alumni

Team Surrey, Guildford City Swimming Club and The University of Surrey are committed to deliver long term participation in swimming. As such, any swimmers graduating from the University of Surrey will be eligible to train within our squad structure based on performance and the qualifying times as laid out within these criteria.

- Graduates from the University of Surrey having qualified for the 2022 British Championship in an Olympic event will generally be eligible to join the National Performance Squad.
- Graduates from the University of Surrey having qualified for the 2022 British Summer National Championships in an Olympic event will generally be eligible to join either the National Performance Squad or BUCS Competitive Squad.
- Graduates from the University of Surrey having qualified for the 2022 Home Nations Summer Championships in an Olympic event will be considered to join the BUCS Competitive Squad.
- Graduates from the University of Surrey having qualified for the 2022 South East Regional Championships in an Olympic event will generally be eligible to join the BUCS Competitive Squad.
- Graduates from the University of Surrey outside of these standards will be eligible to join the Guildford City Masters Squads.

Additional consideration will be given to graduates who have supported the programme through team competitions (Relays and NASL).

Priority in squads will be given to existing University Students over Alumni athletes.

University of Surrey graduates will not be eligible to compete at BUCS Championships.

Graduates from other universities will not be eligible to join under these terms and will need to apply through Guildford City Swimming Club.



Squad Fee

The table below outlines the necessary fee's to be a member of each respective squad per annum.

Squad	Hours Training	Team Surrey Membership	Swim England Membership Fee	University Swim Squad
National Performance Squad	23 Hours +	£40.00	£30.00	£100.00
BUCS Competitive Squad	11 Hours			£90.00
BUCS Social Squad	5 Hours			£50.00
Social Squad	2.5 Hours			£30.00

Contacts:

Lead High Performance Coach: Lee Spindlow

E: lee.spindlow@gcsc.co.uk

T: +44 (0) 7845 015122

W: www.gcsc.co.uk

Head of Student Sport: Tom Edwards

E: t.edwards@surrey.ac.uk

T: +44 (0) 1483 683509

W: <https://teamsurrey.co.uk>

Performance Sport Officer:

E: TBC

T: +44 (0) 1483 683509

W: <https://teamsurrey.co.uk>

University of Surrey Swim Squad President: Rohan Penney

E: ussu.swimming@surrey.ac.uk

W: <https://ussu.co.uk/Swimming/>

Facebook: @surreyswimming

Twitter: @uosswimming

Instagram: @uosswimteam