Senior Performance Squad
Specification Sheet 2024-25

Generally, 16 Years & Over (Born 2009 or earlier)

Total available weekly training sessions	Pool – 18 hours	Land – 4 hours

Squad Profile
The Senior Performance Squad is part of the International & National Pathway. It is designed for senior swimmers aged 16 years and older, ranked in the top 24 in Great Britain in an Olympic event and who aspire to make junior or senior international teams.

The training programme is tailored to individual swimmers needs with a multi-stroke individual medley approach. Members are expected to target a minimum of 16 hours per week in the pool and 3 hours per week for land-based training or more, as required, so as to maintain eligibility to retain their Squad places. Members of this Squad are expected to work towards specifically targeted competitions and fully understand the premise of training and competition cycles.

Priority to swim training and competition over part times jobs or extra circular school activities including participating in school sports and the Duke of Edinburgh Awards Scheme, should be given. Furthermore, swimmers taking a place in the squad must commit to strategically planned training through exam periods and avoid any prolonged periods of missed training for any other reason.

It is expected that Squad members uphold and promote the Club Values at all times.

Minimum Standard
Achieve a top 24 long course British ranking in a single age group in an Olympic Event by the end of the National Long Course Competitions Window (or equivalent) – generally by 31 May

Entry & Maintaining Position in the squad
Guildford City Swimmers and swimmers from other clubs who are age eligible, meet the criteria, have demonstrated a continuous work ethic, and committed to their existing Squad training and competition programme will be considered for a promotion/entry into the Senior Performance Squad

Movement to other squads / pathways
Swimmers who do not maintain the squad criteria, required work ethic or commitment to the training and competition programme may be transferred to a more appropriate training pathway at any point during the year at the discretion of the coaches.

- Ages as at 31 December 2025

- 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.

- Swimmers missing prolonged periods of training for various reasons (including but not limited to exams, illness, holidays) maybe invited to train with a more appropriate squad until they have regained their fitness or skills levels to the Senior Performance standard

- Due to its variable nature Open Water Swimming will not be considered as qualification to move or to retain squad places.

- Swimmers and/or parents failing to adhere to the clubs Code of Conduct could jeopardise their place in the High-Performance Squads. Procedures will be carried out as per the disciplinary procedures outlined on the Club website.

- Any swimmer attending any swimming activity outside of Guildford City Swimming Club (including a trial at another swimming club or educational establishment) without the express permission of their Coach may be asked to leave High Performance without any prior notice.

Mission

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

Teamwork
Support each other

Performance
Commitment Adaptability

Character
Responsibilty Ownership Respect

Performance ★ Team ★ Character

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.