# Senior National Squad
# Specification Sheet 2024-25

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|---|
| Generally, 15 years & older (Born 2010 or earlier) |

| | | |
|---|---|---|
| Total available weekly training sessions | Pool – 14 hours | Land – 3 hours |

**Squad Profile**

The Senior National Squad is part of the International & National Pathway. It is designed for senior swimmers 15 years and older, who aspire to qualify and compete at the Swim England South East Region Championships and further at the Home Nations and or British Summer Championships.

Training in the Senior National Squad signals the start of the process of key event specialisation. For some members the training programme takes a sprint-oriented approach while others enjoy a multi-stroke individual medley plan. The Lead Coach will meet termly with each swimmer to discuss their goals and to determine their specific training and competition programme.

**National Exam Plan** - **GCSE & A Level Swimmers**

Special consideration will be made for swimmers during their GCSE and A Level years.

| School Year | Age | Date of Birth |
|---|---|---|
| Year 11 | 16-15 | September 2008 to August 2009 |
| Year 12 | 17-16 | September 2007 to August 2008 |
| Year 13 | 18-17 | September 2006 to August 2007 |

Age as at 1 September 2024
Academic Year September 2024 to August 2025

At Guildford City Swimming Club, it is recognised that meeting academic demands is paramount and as a special concession to Senior National Squad members who are preparing for national exams, the Club is offering the opportunity for a swimmer to choose to attend up to 50% of the weekly training programme. At their own discretion, members may choose which sessions they attend which may be varied weekly.
In order for a swimmer to adopt the "National Exam Plan" written confirmation should be made prior to the commencement of each term to the Membership Secretary and National Squad Lead Coach. As a result of adopting the Plan, training fees will be reduced by 50% for the term.

Senior National Squad Training Programme Options

| | | Training Fees |
|---|---|---|
| Normal Training Plan | Up to 14 pool hours & 3 land training hours | 100% |
| National Exam Plan | Up to 8 pool hours & 1 land training hour | 50% |

Our goal is to keep older members engaged in the sport able to access high performance training at a reduced commitment level to enable them to progress through to swimming at university and beyond. This concession applies to members of the Senior National Squad *only* and to those preparing for GCSEs and A Levels *only*.

**Minimum Standard**
Aspire to qualify and compete at the Swim England South East Region Championships and further at the Home Nations and or British Summer Championships.

**Entry into the squad**
Consideration for a promotion / entry into the Squad by existing Guildford City swimmers or swimmers from other clubs will be based upon:

**"Key Measures"**
1. age eligibility
2. a clearly demonstrated and sustained work ethic

**Maintaining a Place in the Squad**
In order for a swimmer to maintain their place in the Squad they will have to continue to meet the "Key Measures" as listed above

**Movement to other squads / pathways**
Swimmers who meet the relevant "Key Measures" may be considered for a promotion to the Senior Performance Squad within the International & National Pathway at any point during the year at the discretion of the coaches.

Swimmers who do not meet the "Key Measures" 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, in consultation and agreement with the Head Coach of the High-Performance Squads, may waive any of the criteria contained in this document at their 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 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.

- Swimmers may not attend any other swimming activity outside of Guildford City Swimming Club; examples of this would include training camps, training clinics, and open meets without the Squad

Coache's express permission. If unauthorised attendance at any other swimming activity takes place, a swimmer may be asked to leave High Performance without notice. Please note this also applies to swimmers trialling at another swimming club or educational establishment.

- Attending Thursday am SSP training session is by invitation only and is offered to those members who regularly attend <u>all</u> of the other Senior National Squad training sessions.

# 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.