

Junior Performance Squad Specification Sheet 2025-26

Generally, Girls 13 Years to 16 Years (Born 2013 to 2010) Boys 14 Years to 17 Years (Born 2012 to 2009)

Total available weekly training sessions	Pool – 16 hours	Land – 3 hours
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Squad Profile

The Junior Performance Squad is part of the International & National Pathway. It is designed for junior swimmers, girls aged 13 to 16 years and boys aged 14 to 17 who achieve a top 24 British Time in an Olympic event and who aspire to qualify and compete at the British Championships.

The training programme takes a multi-stroke individual medley approach with the start of the process of key event specialisations. Members are expected to target a minimum of 14 hours per week in the pool and 2 hours per week of land-based training. They are also expected to keep their competition profile as broad as possible and to enter all designated squad competitions.

Priority to swim training and competition over extra circular school activities including participating in school sports and the Duke of Edinburgh awards scheme should be given.

Minimum Standard

Generally, achieve a top 24 British long course ranking in a single age group in an Olympic event of 100m and up by the end of the qualifying period (May 2026). Priority in the squad will be given to swimmers who qualify on 200m and up events.

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
3. commitment to the existing squad training & competition programme
4. meeting the squad minimum time standard

Eligible swimmers must have demonstrated all the key measures during the previous year and gained a consideration time to be eligible for a place within the squad.

Movement to Other Squads

Swimmers who do not achieve a consideration time in May 2026 or those who fail to meet the key measures will be transferred to another suitable squad.

To be considered for the Senior Performance Squad swimmers will generally be age eligible and must have achieved a top 24 British ranking in a single age group in an Olympic event by the end of the National Long Course Competition Window.

Maintaining Membership in the Squad

Individuals' membership of the squad will be reviewed on a continuous basis. All key measures must be continuously met. Junior Performance swimmers will be reviewed at the end of the short course season and to maintain their place in the squad they must be ranked in the top 24 in their age group. A swimmer will also be expected to improve their personal best time at the key end of season meet (Summer National Championships). It is imperative that all swimmers demonstrate their ability to optimally perform at key meets during the year.

Time Out

Girls aged 16 Years (2010 born) and Boys aged 17 Years (2009 born) will generally time out of the Squad in August 2026

- Ages as at 31 December 2026
- 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 High-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 the High Performance squads without any prior notice.



★ Motto

'Shaping the Future of Swimming in the South East'

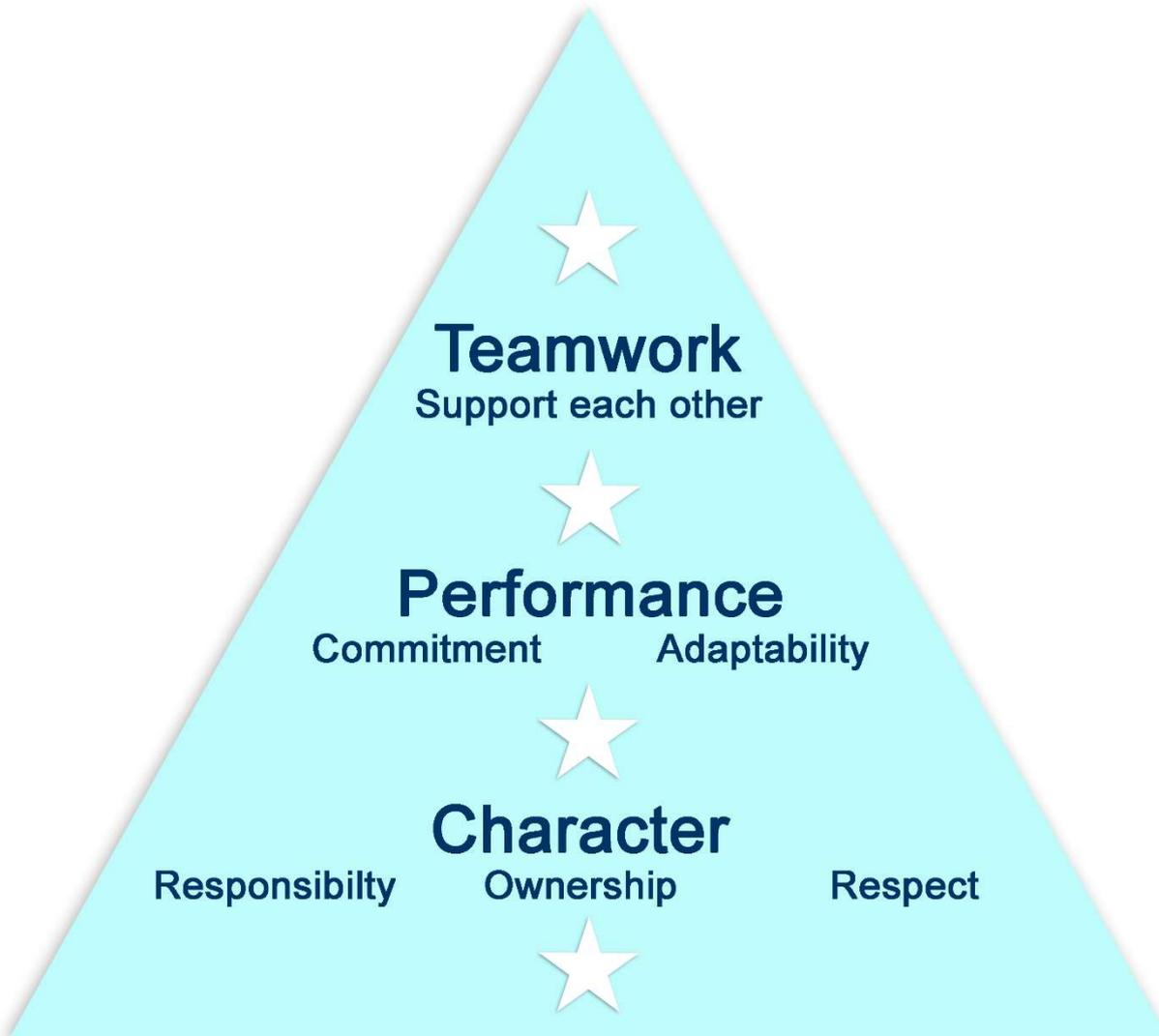
★ Mission Statement

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.







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.

