Junior National Squad
Specification Sheet 2025-26

Generally, Girls & Boys 11 to 13 Years (Born 2015 to 2013)

Total available weekly training sessions	Pool – 12 hours	Land – 1 hour

Squad Profile
The Junior National Squad is part of the International & National Pathway. It is designed for junior swimmers aged 11 to 13 years who aspire to achieve a Swim England South East Region Championship Consideration Time in an Olympic event and who aspire to qualify and compete at the Home Nations and or British Summer Championships.

The main training emphasis is based on optimising performance on all strokes through focus on 200m and 400m Individual Medley plus developing a long-distance freestyle programme. Members are expected to target a minimum of 10 hours per week training in the pool and 1 hour per week for land-based training. They are also expected to keep their competition profile as broad as possible and to enter all designated squad competitions.

Minimum Standard
Generally, to achieve a Swim England South East Region Championship Consideration Time in an Olympic event within the previous 12 months

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

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

the Junior Performance Squad, or the Age Group National Squad at any point during the year at the discretion of the coaches. Generally, the early developing swimmers will move to Junior Performance with later developers receiving specialised training and support in the Age Group National Squad.

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.

Time Out
Swimmers aged 13 years (born 2013) 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 take into account 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.
- 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.

Motto

'Shaping the Future of Swimming in the South East'

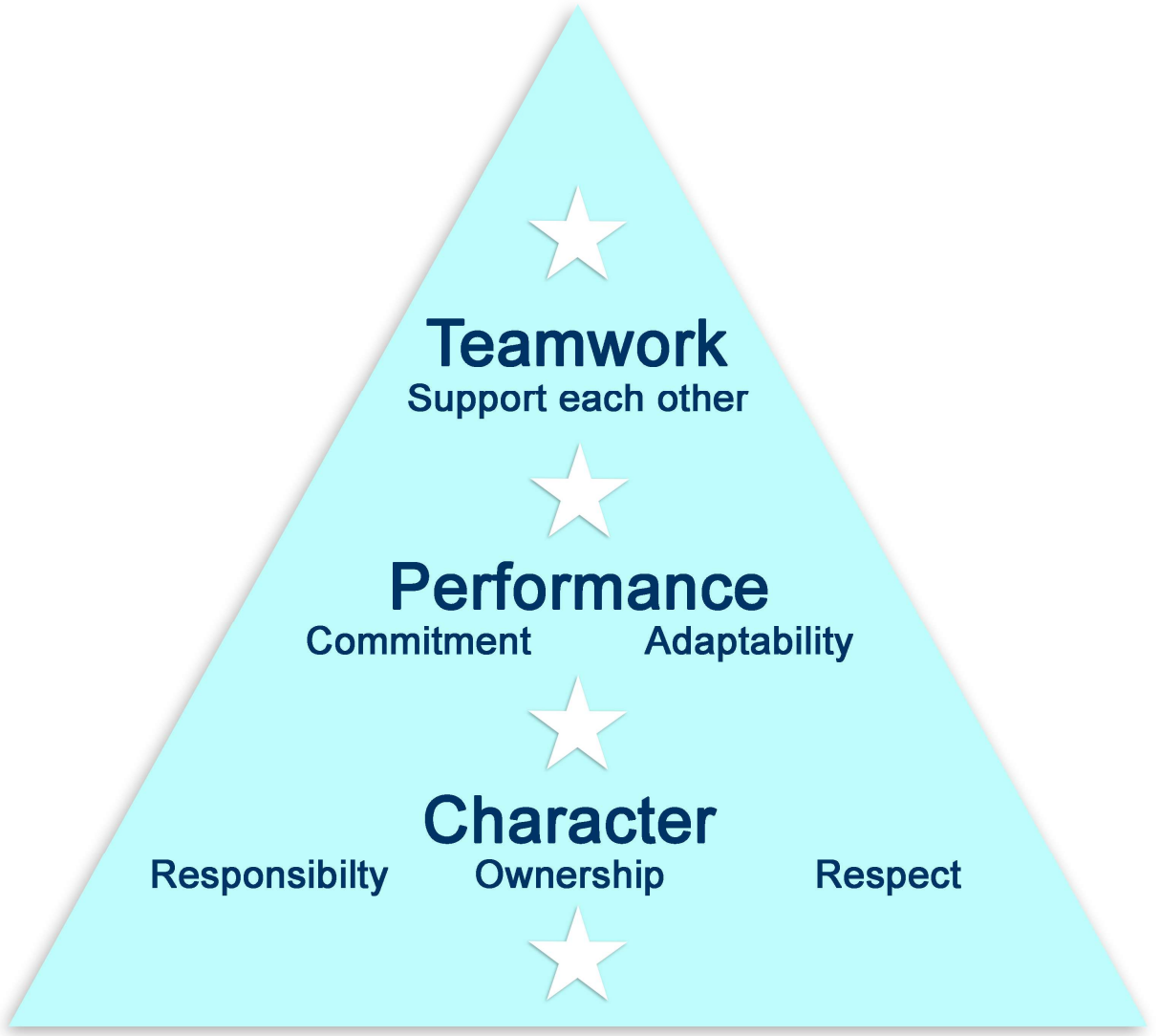
Mission Statement

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

TEAM SURREY

Swim England Swimming | Performance Centre

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.

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