

Pre-Competitive Squads Specification Sheet 2025-26

Introduction to the Pre-Competitive Squads

The Pre-Competitive Squads are the first rung on the ladder of the competitive section of Guildford City Swimming Club. They are designed to be a progressive development to enable all swimmers to learn to train and compete within a nurturing environment.

	Pre- Competitive BRONZE	Pre- Competitive SILVER	Pre- Competitive GOLD
Ages	7 to 11 years	8 to 11 years	8 to 11 years
General training repeat distances	25m to 50m	50m to 100m	50m to 400m
Recommended minimum weekly training	3 sessions	6 hours	6 hours
Annual competitions expected to attend	2	4	6

Pre-Competitive BRONZE

Generally, 7 to 11 Years (Born 2019 to 2015)

ages are determined as at 31 December 2026

Total available weekly competition pool training sessions	5
Total available weekly teaching pool training sessions	5

Swimmers are required to book a minimum of 3 training sessions per week
All bookings will be accepted at the discretion of the Head of Academy

Squad Profile

Pre-Competitive BRONZE is part of the Academy Competitive Pathway within the Guildford City Swimming Club Academy. The Squad is managed on a slot system whereby a member only pays for the hours they book and can only train within the sessions selected. Swimmers may choose from a variety of available sessions at Guildford Spectrum. Please note allocation of all sessions are at the discretion of the coaching staff and carefully consider the current ability level of each swimmer.

BRONZE is offered to young swimmers between the ages of 7 and 11 (2019 to 2015). Swimmers in Pre-Competitive BRONZE effectively are learning to train and swim with perfect technique. The Club aims to take swimmers on a fun, fulfilling journey whilst they develop their training ability and multi-stroke perfection. The goal is for all swimmers to follow the competitive pathway within Guildford City Academy. Training repeats in the Guildford Spectrum Competition Pool are between 25m and 50m.

Entry into the Squad

There are no consideration times required, admission is at the discretion of the coaches and is reviewed on a termly basis.

Movement to other Squads / Pathways

Swimmers who meet the relevant "Key Measures" may be considered for a promotion to Pre-Competitive SILVER, Pre-Competitive GOLD Squad or Competitive Development Squad at any point during the year at the discretion of the coaches. Please note that specific teaching pool bookings may be changed without notice at the discretion of the coaches.

Performance



Team



Character

Time Out

Swimmers aged 11 years (born 2015) will generally time out of the Squad in August 2026

Pre-Competitive SILVER

Generally, 8 to 11 Years (Born 2018 to 2015)

Ages are determined as at 31 December 2026

Total available weekly training sessions | Pool – 6 to 8 hours

Squad Profile

Pre-Competitive SILVER is part of the Academy Competitive Pathway within the Guildford City Swimming Club Academy and is offered on a slot system basis to talented young swimmers between the ages of 8-11 (2018 to 2015). Swimmers in Pre-Competitive SILVER should aspire to train and compete at the highest levels. The Club aims to take swimmers on a fun, fulfilling journey whilst they learn how to train and develop technical perfection. Swimmers will display the appropriate work ethic, commitment to training and demonstrate a serious attitude and be coachable. The goal is for all swimmers to graduate to Pre-Competitive GOLD Squad. Members are required to book into a minimum of 6 hours of training a week from the 8 hours available. Training repeats in the Guildford Spectrum Competition Pool are between 50m and 100m.

Entry into the Squad

There are no consideration times required, admission is at the discretion of the coaches and is reviewed on a termly basis.

Movement to other Squads / Pathways

Swimmers who meet the relevant “Key Measures” may be considered for a promotion to Pre-Competitive GOLD, Regional Squad, Junior Surrey Squad, or the Competitive Development Squad at any point during the year at the discretion of the coaches.

Time Out

Swimmers aged 11 years (born 2015) will generally time out of the Squad in August 2026

Pre-Competitive GOLD

Generally, 8 to 11 Years (Born 2018 to 2015)

Ages are determined as at 31 December 2026

Total available weekly training sessions | Pool – 8 hours

Squad Profile

Pre-Competitive GOLD is part of the Academy Competitive Pathway within the Guildford City Swimming Club Academy. Offered to talented young swimmers between the ages of 8 to 11 (2018 to 2015), swimmers in Pre-Competitive GOLD aspire to train and compete at the highest levels. The Club aims to take swimmers on a fun, fulfilling journey whilst they learn how to train and develop technical perfection.

Swimmers will display the appropriate work ethic, commitment to training and demonstrate a serious attitude required to become a world class athlete. The goal is for all swimmers to achieve the minimum qualifying standards and criteria for graduation into Regional Squad or Junior Surrey County Squad. Members are encouraged to target

a minimum of 6 hours per week of training in the pool out of the 8 available. Training repeats in the Guildford Spectrum Competition Pool are between 50m and 400m.

Entry into the Squad

There are no consideration times required, admission is at the discretion of the coaches and is reviewed on a termly basis.

Movement to other Squads / Pathways

Swimmers who meet the relevant "Key Measures" may be considered for a promotion to the Regional Squad, Junior Surrey County Squad, or the Competitive Development Squad at any point during the year at the discretion of the coaches.

Time Out

Swimmers aged 11 years (born 2015) will generally time out of the Squad in August 2026

NOTES

- 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.



★ **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.

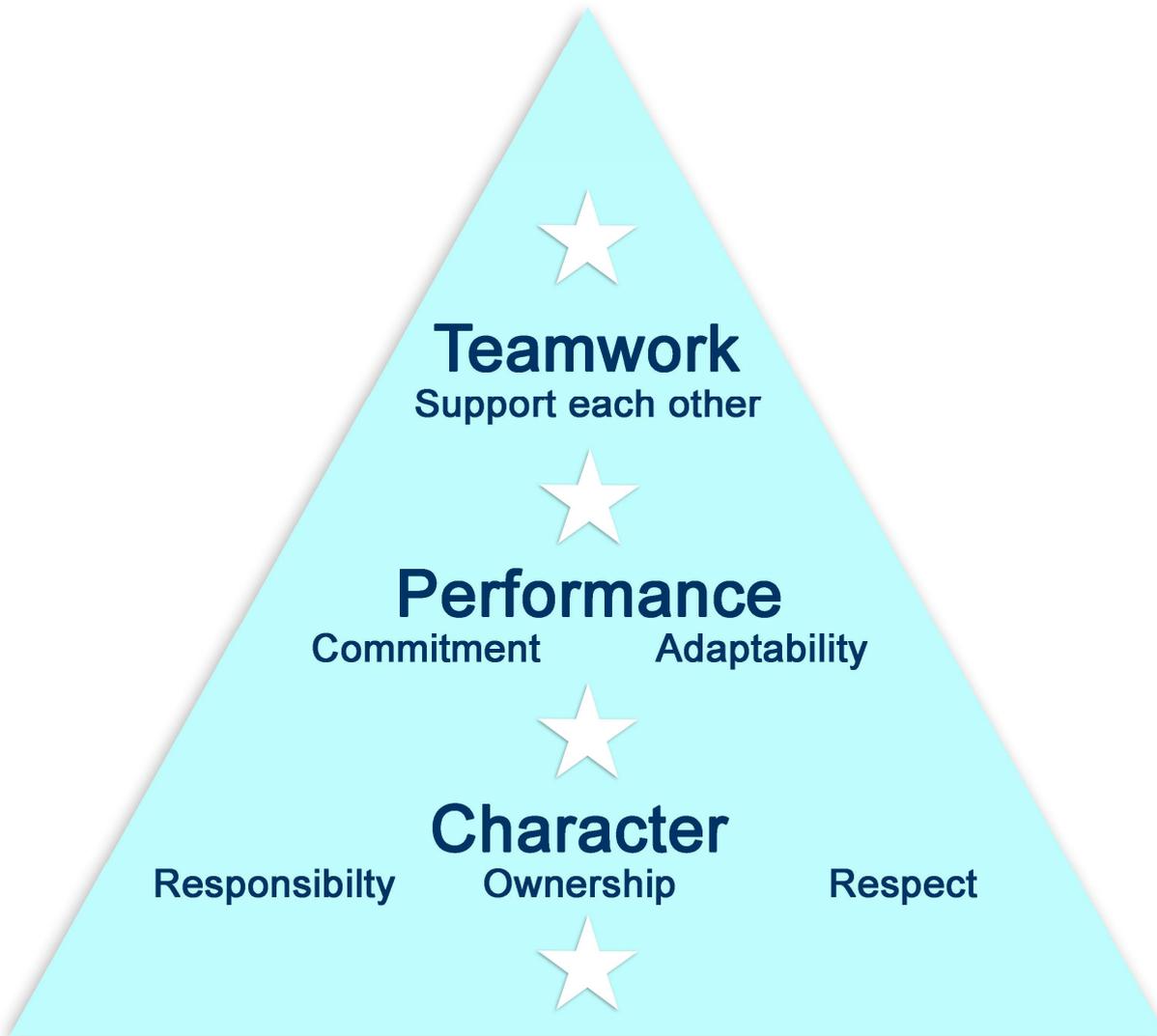
★ **Vision Statement**

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





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.

