

Senior Performance Squad Specification Sheet 2026-27

Generally, 16 Years & Over (Born 2011 or earlier)

Total available weekly training sessions	Pool – 18 hours	Land – 4 hours
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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 18 hours per week in the pool and 3 hours per week for land-based training or more, as required, 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 should be noted that the Coaches are continually reviewing and assessing a swimmer's training ability and attendance and their attitude to learning and progressing. Our goal is to help the child develop into a self-motivated, independent, hardworking athlete. Parents are asked to respect the Coach's judgement and not to expect or request a child's squad promotion.

It is expected that Squad members always uphold and promote the Club Values.

Minimum Standard

Generally, 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) – (May 2027). Priority in the squad will be given to swimmers who qualify on 100m and up events.

If a swimmer is ranked top 16 (50m – 400m) or top 12 (800m – 1500m) on the Summer Meet Qualification Window rankings, then their place for the following season is guaranteed. Swimmers outside of these automatic rankings will be offered a squad based on hours, work ethic, coachability and technical ability (starts, turns, stroke technique and underwater skills).

Swimmers who miss this standard will receive a second chance to qualify through achieving a top 20 ranked time based on the Summer Meet Qualification Window rankings only. The higher ranking is set as a target based on the extra 2 months training an athlete will receive. Specific times to be achieved will be communicated in writing from the Lead Coach of the Squad.

Relay times will be eligible with positions 2, 3 and 4 of the relays having a 0.5 second adjustment for reactions.

Entry & Maintaining Position in the squad

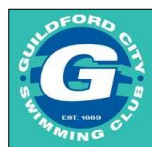
Individuals' membership of the squad will be reviewed on a continuous basis. All key measures must be continuously met. Rankings will be checked after county championships and any swimmers falling outside the top 16 and top 24 respectively, will be made aware of this by the coach at that time. This gives the swimmers plenty of time before the window opens to push their performance and make the improvements required and be fully aware of where they are at that point after Counties. 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.

Swimmers must be able to commit to training up until 7:30 AM for morning sessions. This is important to enable the completion of the main sets and to follow the programme planned out by the lead coach.

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. This movement will include a full handover between coaches to ensure a smooth transition. Swimmers leaving the Performance Squads will also be considered for a return if they can achieve a top 24 position in their age come the end of the short course season. Rankings will be assessed at the end of December.

- Ages as at 31 December 2027
- 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.



Swim England
Swimming

Performance
Centre

★ **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.

