



Club Squad



Club Squad provides swimmers the opportunity to continue training in a competitive environment, without having to give the full commitment expected in other squads.

Training will continue to develop aerobic capacity, technical skills and speed. Swimmers aged 15 years and over will be able to specialise in their best strokes/events.

The squad is aimed at swimmers aged 12 years old and over, and offers 6 swimming sessions a week. Swimmers who are 15 years old and are currently competing at Regional standard will be invited to attend the Wednesday morning session with National Squad.

Minimum Attendance Requirements

- Swimmers must commit to a minimum of 2 sessions per week
- 4 Competitions per season, including the Club Championships
- Swim in all events at Yorkshire and Regional championships where qualified

Swimmers must maintain these standards in order to remain in the squad.

Performance Pathway

National Squad

Promotion into National Squad will be based on continual assessment by the Club Squad Coach and the Head Coach, taking into account the following factors:

- Application and attitude to training
- Technical Skill (assessed over four strokes)
- Racing Performances
- Commitment
- Attendance

All promotions are subject to a 3 month trial before the swimmer becomes a permanent member of National Squad.

Masters

Any swimmer who is 18 years old has the alternative option of moving to Masters, which offers 3 sessions a week and an alternative competition structure.