



## County Squad



In County Squad, swimmers will continue to focus predominantly on improving technical and racing skills. Land training will also be introduced to promote the importance of flexibility and core strength.

The target for the swimmers is to achieve Yorkshire qualification times.

The squad is for swimmers aged between 8 and 12 years old and offers 5 swimming sessions a week, plus two land training sessions.

### Minimum Attendance Requirements

- 3 training session each week
- 4 competitions each season, including the Club Championships
- Swim in all events at Yorkshire championships where qualified

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

### Performance Pathway

#### Regional Squad

Swimmers must have achieved a Yorkshire qualifying time to be considered for promotion into Regional Squad. Promotion into Regional squad will also be based on continual assessment by the County Squad Coach and approved by the Head Coach, taking into account the following factors:

- Application and attitude to training
- Technical skill (assessed over four strokes)
- Attendance (swimmers must have averaged 3 sessions a week)

#### Club Squad

Swimmers who are 12 years old and have not achieved the standards for promotion to Regional Squad may be offered the opportunity for promotion into Club Squad. To be considered, swimmers must have:

- Demonstrated a strong work ethic to their training
- Have shown a desire to further development in competitive swimming
- Maintained the attendance standard for County Squad