



National Squad



A place in National Squad represents a full commitment to swimming training.

The training programme is intensive as the session length and volumes will be increased. Age group swimmers will primarily focus on developing technical skills and aerobic capacity over all four strokes. Youth and senior swimmers will begin to focus on their best strokes/events and the training will become more specialised to maximise potential. Land training sessions provide swimmers with more challenging exercises to develop swim specific strength and also educate on injury prevention.

The squad is for girls aged 11 years old and over and boys aged 12 years and over, and offers 9 swimming sessions a week, plus 4 four land training sessions.

Minimum Attendance Requirements

Boys		Girls	
12-13 years	6 sessions a week	11-12 years	6 sessions a week
14-16 years	7 sessions a week	13-14 years	7 sessions a week
17 years +	8 sessions a week	15 years +	8 sessions a week

Allowances will be made during busy exam periods

Maintaining a Place

At the end of every season all swimmers will have their place in the squad reviewed by the Head Coach, taking into account the following factors:

- Application and attitude
- Training performances
- Racing Performances (swimmers must maintain a Regional time, and/or achieve this within 12 months of entering the squad)
- Attendance

Performance Pathway

Club Squad

Swimmers who can no longer commit to the standard of National Squad, or have not maintained a squad place at the end of the season, will be offered a place in Club Squad. This will provide swimmers with the opportunity to train 6 times a week.

Masters

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