



Regional Squad



Training in Regional Squad becomes more focused on the development of aerobic capacity through the increased volume of work and session requirements.

Technical and race skills are still an important aspect of the squad and all swimmers are expected to maintain good technique throughout the sessions. Land training sessions focus on teaching the correct form of numerous exercises, further developing flexibility, and introduce stabilisation movements.

Swimmers should already be achieving Yorkshire qualifying times and aiming to reach a Regional qualifying standard.

The squad is for swimmers aged between 9 and 14 years old and offers 8 swimming sessions a week, plus 2 land training sessions.

Minimum Attendance Requirements

Boys		Girls	
9-10 years	4 sessions a week	9-10 years	5 sessions a week
11-12 years	5 sessions a week	11-12 years	6 sessions a week
13-14 years	6 sessions a week	13-14 years	7 sessions a week

- 6 competitions each 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.

Club Squad

Swimmers unable to meet the squad standard, or who have reached the maximum age criteria, may be offered a place in Club Squad. This is on the provision that they remain committed to working hard and furthering their development in the sport. This will provide swimmers with the opportunity to train 6 times a week.