



County Squad Criteria



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 four swimming sessions a week with a further two land training sessions available.

Minimum Attendance Requirements:

- 10 Years & under - 2 training sessions each week
- 11 Years & over - 3 training sessions each week

Attendance will be regularly monitored by the coaching team.

Competitions:

- 4 competitions each season including Club Championships
- Swim in all events which qualified for at Yorkshire championships

Swimmers who fail to maintain these standards may lose their place in the squad.

Performance Pathway:

Regional Squad:

Swimmers must have achieved a Yorkshire qualifying time for consideration of promotion into Regional Squad. Promotion into Regional squad will also be based on a continued assessment from the Squad Coach and approved by the Head Coach. This assessment will be based on the following:

- Technical ability over four strokes
- Attendance (Swimmers must have averaged three sessions a week)
- Attitude to training

Club Squad & Junior 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 or Junior Club Squad. To be considered swimmers must have:

- Demonstrated a strong work ethic to their training
- Have shown a desire to further their development in competitive swimming