



# National Squad Criteria



A place in the 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 12 years+ and Boys 13 years+ and offers nine swimming sessions a week with four land training sessions.

## Minimum Attendance Requirements:

The table below presents a general guide to the progression in the number of sessions for swimmers in the National Squad. The number of sessions prescribed by the Head Coach is individualised to each swimmer and is based on their development and event specialisation.

### Boys

13/14 years – 5-6 sessions per week

14/15/16 years – 7 sessions per week

17 years and over – 8 sessions per week

Allowances will be made during busy exam periods.

### Girls

12/13 years – 6 sessions per week

13/14/15 years – 7 sessions per week

16 years – 8 sessions per week

## Maintaining a Place:

At the end of every season all swimmers will have their place reviewed in the squad. The assessment will be based on the following factors:

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

The Head Coach will meet with swimmers and parents throughout the season to discuss any standards that may need to be improved upon.

## 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 sessions a week.

### Masters Squad

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