

**YORK CITY BATHS CLUB**

**SQUAD MEMBERSHIP &  
PLACEMENTS CRITERIA**

## **National Squad**

Membership of the National Squad is entirely at the discretion of the Head Coach, but in the first instance, swimmers must have competed at the ASANER Championships during the previous season.

For consideration, swimmers must demonstrate the following:

- Willingness to attend and maintain attendance at all sessions as prescribed by the Head Coach (see below).
- An unprecedented commitment towards the achievement of their own personal goals through punctuality and professionalism (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave early).
- Willingness to follow the squad's training and competition programme without reservation.
- The upkeep of a personal logbook (to be made available for review by the Head Coach each Saturday AM).
- An adequate level of robustness and the ability to remain confident and resourceful in the face of challenges.
- Preparedness to act as role models, giving support and promoting positive attitudes/behaviours throughout York City Baths Club.
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

10/11 Year Olds	6 or 7 Sessions per Week
12/13 Year Olds	7 or 8 Sessions per Week
14/15 Year Olds	8 or 9 Sessions per Week
16 Years or Older	9 Sessions per Week

Please note: From time to time, allowances may be made to accommodate busy exam periods.

## **Regional Squad**

Membership of the Regional Squad is entirely at the discretion of the Head Coach (following consultation with the Regional Squad Coach), but in the first instance, swimmers must have competed at the YASA Championships during the previous season.

For consideration, swimmers must demonstrate the following:

- Advanced stroke technique in all four strokes.
- The ability to race the 400m Individual Medley and 800m/1500m Freestyle events with legal strokes and turns.
- Willingness to attend and maintain attendance at all sessions as prescribed by the Squad Coach (see below).
- Punctuality and professionalism at all sessions (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave sessions early).
- Willingness to follow the squad's training and competition programme without reservation.
- An adequate level of robustness and the ability to remain confident and resourceful in the face of challenges.
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

9/10 Year Olds	5 Sessions per Week
11/12 Year Olds	5 or 6 Sessions per Week
13/14 Year Olds	6 or 7 Sessions per Week

## **County Squad**

Membership of the County Squad is entirely at the discretion of the Head Coach (following consultation with the County Squad Coach), but in the first instance, swimmers must have regularly competed at swim meets during the previous season.

For consideration, swimmers must demonstrate the following:

- Advanced stroke technique in all four strokes.
- The ability to race the 200m Individual Medley and 400m Freestyle events with legal strokes and turns.
- The ability to regulate their own training by using the pace clock.
- Willingness to attend and maintain attendance at all sessions as prescribed by the Squad Coach (see below).
- Punctuality and professionalism at all sessions (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave sessions early).
- Willingness to follow the squad's training and competition programme without reservation.
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

Swimmers must initially agree to attend a minimum of 3 sessions per week. Individuals will not be considered for progression to Regional Squad until they are regularly attending 4 sessions per week.

## **Development Squad**

Membership of the Development Squad is entirely at the discretion of the Head Coach (following consultation with the Development Squad Coach), but in the first instance, swimmers must have participated in the YCBC Speed Awards.

For consideration, swimmers must demonstrate the following:

- A good understanding of all four strokes and turns.
- The ability to race the 200m Freestyle events with legal strokes and turns.
- Appropriate lane discipline, use of the pace clock and understanding of ASA Technical Rules.
- Willingness to attend and maintain attendance at all sessions as prescribed by the Squad Coach (see below).
- Punctuality and professionalism at all sessions (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave sessions early).
- Willingness to follow the squad's training and competition programme without reservation.
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

Swimmers must initially agree to attend a minimum of 2 sessions per week. Individuals will not be considered for progression to County Squad until they are regularly attending 3 sessions per week.

## **Club Squad**

Membership of the Club Squad is entirely at the discretion of the Head Coach (following consultation with the Club Squad Coach), but in the first instance, swimmers must have competed at 3 swim meets during the previous season.

For consideration, swimmers must demonstrate the following:

- Advanced stroke technique in all four strokes.
- The ability to race the 200m Individual Medley and 400m Freestyle events with legal strokes and turns.
- The ability to regulate their own training by using the pace clock.
- Punctuality and professionalism at all sessions (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave sessions early).
- Willingness to follow the squad's training and competition programme without reservation (participation in the YCBC Club Championships and YCBC's Regional Qualifying Meet are mandatory).
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

Whilst there are no formal attendance requirements, places in Club Squad are limited and swimmers with poor or irregular attendance may have their place in the squad withdrawn.

## **Performance Fast Track**

Membership of the Performance Fast Track Squad is entirely at the discretion of the Head Coach, but in the first instance, swimmers must have participated in the YCBC Speed Awards.

For consideration, swimmers must demonstrate the following:

- A good understanding of all four strokes and turns.
- The ability to swim 200m Freestyle with legal strokes and turns.
- An eagerness to learn and the desire to progress into competitive swimming at a higher level.
- Willingness to attend and maintain attendance at all sessions as prescribed by the Head Coach (see below).
- Punctuality and professionalism at all sessions (i.e. arriving early to sessions, with the correct equipment, undertaking pre-pool routines and not requesting to leave sessions early).
- Willingness to follow the squad's training and competition programme without reservation.
- Respect for Coaching Staff and support for all team mates in training and at competitions.

### **Attendance Requirements:**

In addition to their current commitment to YCBC, swimmers must agree to attend 2 sessions per week with the Performance Fast Track Squad.