



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 eight swimming sessions a week, with a further two land training sessions available.

Minimum Attendance Requirements:

Boys

9-10 years – 3 to 4 sessions a week

11-12 years – 4 to 5 sessions a week

13-14 years – 5 to 6 sessions a week

Girls

9-10 years – 4 to 5 sessions a week

11-12 years – 5 to 6 sessions a week

13-14 years – 6 sessions a week

Competitions

- 6 competitions per season, including Club Championships
- Swim in all events which qualified for at Yorkshire and Regional championships

(Swimmers must maintain these standards in order to remain in the squad)

Performance Pathway:

National Squad:

Promotion into National Squad will be based on a continued assessment by the Head Coach and Squad Coach. This assessment will be based on the following criteria:

- Application to training
- Technical Skill (assessed over four strokes)
- Commitment
- Attendance
- Racing Performances

All promotions to National Squad are subject to a 3 month trial before the swimmer becomes a permanent member of the squad.

Club Squad:

Swimmers who are either unable to meet the squad standard, or 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 sessions a week.