



Club Squad Criteria



Club Squad provides swimmers the opportunity to continue training in a competitive environment, without having to give the full commitment expected in other squads.

Training will continue to develop aerobic capacity, technical skills and speed. Swimmers aged 15 years and over will be able to specialise in their best strokes/events.

The squad is aimed at swimmers aged 12+ years old, and offers six swimming sessions a week. Swimmers who are 15 years old and are currently competing at Regional standard will be invited to attend the Wednesday morning session with National Squad.

Minimum Attendance Requirements:

- Swimmers must commit to a minimum of two sessions per week

Competitions

- 4 Competitions per season including Club Championships
- Swim in all events which qualified for at Yorkshire and Regional championships

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 factors:

- 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.

Masters Squad:

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