

PCS

Jr National Squad

Selection Policy

2017/18



1. Selection details
 - 1.1 Qualifying times can be swam Short Course (25m) or Long Course (50m). Swimmers with multiple qualifying times will be given priority.
 - 1.2 Times must be met every 6 months to retain place within the Squad.
 - 1.3 The coaching team may fill any unassigned spaces at their discretion, however, swimmers must hit target times (within time frames) selected by the coaching team, in order to maintain their place within the squad.
 - 1.4 The PCS coaching team has the final say on selection matters.
 - 1.5 There will be 2 entry points per year. 2017/18 entry points will be in October 2017 and March 2018.
 - 1.6 The Squad will be selected from scratch at each selection.
 - 1.7 Para athletes will be selected at the discretion of the PCS coaching team and the Welsh National Para Swimming Manager.
2. Squad size
 - 2.1 Maximum Squad size will be 14 swimmers.
 - 2.2 If more than the maximum numbers of swimmers make the qualifying time, coaches' discretion will be used regarding Squad size.
3. Age Bands
 - 3.1 Qualifying times will be set in the following ages bands: 11 and under, 12.
 - 3.2 Age for the first squad selection as at October 31st 2017. Age for the second squad selection TBC (normally following West Wales No Times Gala in Carmarthen).
 - 3.3 Swimmers will need to achieve new squad selection times once their age changes.
4. Documents and commitments
 - 4.1 Swimmers must have filled out **ALL** documents and returned them to the coaching team before entering the Squad; a 1-week period will be allowed to get these signed and returned.
 - 4.2 Swimmers must attend all meets set out by the coaching team on the PCS Meet Calendar.
 - 4.3 Swimmers must have an attendance of over 90% (Pool Sessions and Land Training), failure to maintain this may result in the swimmer's place being revoked.
 - 4.4 Swimmers will be expected to show progression on test sets, failure to do so may result in the swimmer's place being revoked.
 - 4.5 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmer's place being revoked.
5. Injury
 - 5.1 Swimmers with long-term injuries may be asked to train with alternative squads until such times as the coaching team is happy they are ready to return to the Jr National Squad. This will be dealt with on a case-by-case basis.
 - 5.2 Swimmers returning from injury will have goals set by the coaching team for both training and competition. Failure to achieve these goals may result in the swimmer's place being revoked.
6. Land Training
 - 6.1 Land training will count towards the swimmer's overall attendance.
 - 6.2 Swimmers must attend the land training set out by the coaching team. Failure to do so may result in the swimmer's place being revoked.



7. Selection Times

7.1 Times are based on 100m, 200m and 400m events only.

7.2 Selection times are based on British top 24 + 10 % for ages 11 and under, 12 as at June 5th 2017.

7.3 Swimmers may be selected for Jr National Squad using other qualifying events at the coach's discretion.

7.4 The Coaching Team reserves the right to alter the times if deemed necessary.

7.5 Female Jr National Qualifying Times:

Event	11+Under	12
100 Free	1:18.71	1:13.08
200 Free	2:51.11	2:37.86
400 Free	5:59.93	5:33.86
100 Back	1:29.76	1:22.04
200 Back	3:10.52	2:56.25
100 Brst	1:41.02	1:33.71
200 Brst	3:38.49	3:21.01
100 Fly	1:28.55	1:21.48
200 Fly	3:20.39	3:05.21
100 IM	1:30.35	NT
200 IM	3:12.66	2:58.20
400 IM	7:12.54	6:21.31

7.6 Male Jr National Qualifying Times:

Event	11+Under	12
100 Free	1:16.84	1:12.54
200 Free	2:47.81	2:36.55
400 Free	5:58.69	5:29.76
100 Back	1:28.51	1:21.75
200 Back	3:07.62	2:54.55
100 Brst	1:42.45	1:33.95
200 Brst	3:41.13	3:22.24
100 Fly	1:29.40	1:20.66
200 Fly	3:29.03	3:04.34
100 IM	1:29.03	NT
200 IM	3:11.80	2:59.18
400 IM	7:12.54	6:21.31