

PCS National Performance Squad Selection Policy

2017/18



1. Selection details

- 1.1 Qualifying times must be swam Long Course (50m).
- 1.2 Short Course conversions may be accepted at the coaching teams discretion (Using PCS TM only).
- 1.3 Times must be met every 12 months to retain place within the Squad.
- 1.4 A swimmer with multiple qualifying times will be given priority.
- 1.5 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.
- 1.6 The PCS coaching team has the final say on selection matters.
- 1.7 No fixed entry points will be in place for National Performance Squad. A fluid entry system will be used when swimmers are ready to join the Squad.
- 1.8 The Squad will be selected from scratch every August.
- 1.9 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 10 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: 14 and under, 15, 16, 17+.
- 3.2 Age for Squad selection as at August 31st 2017.
- 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 return 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, and only, meets set out by the coaching team on the PCS Meet Calendar.
- 4.3 Swimmers must have an attendance of over 90% (8 Pool Sessions and 1 SAW Session), failure to maintain this may result in the swimmer's place being revoked.
- 4.4 An attendance tolerance will be put in place for exam periods in consultation with the coaching team.
- 4.5 Swimmers will be expected to show progression on test sets, failure to do so may result in the swimmer's place being revoked.
- 4.6 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.
- 4.7 Swimmers must have selected swimming as their number 1 sport.

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 National Performance 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 + 3% for ages 15/16/17+ and age category 14 + under is based on British top 24 + 4.5% as at June 5th 2017.
- 7.3 Swimmers may be selected for National Performance 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 National Performance Qualifying Times:

Event	14+Under	15	16	17+
100 Free	1:03.38	1:01.34	1:00.98	1:00.58
200 Free	2:16.64	2:12.90	2:11.80	2:10.52
400 Free	4:47.59	4:40.17	4:37.45	4:34.73
100 Back	1:11.44	1:09.04	1:08.51	1:07.84
200 Back	2:30.88	2:28.42	2:27.64	2:26.21
100 Brst	1:20.55	1:18.36	1:17.60	1:16.84
200 Brst	2:54.43	2:49.02	2:47.38	2:45.74
100 Fly	1:09.89	1:07.58	1:06.33	1:05.69
200 Fly	2:34.86	2:30.25	2:27.40	2:25.97
200 IM	2:34.94	2:30.88	2:28.89	2:27.44
400 IM	5:28.99	5:20.45	5:18.07	5:14.99

7.6 Male National Performance Qualifying Times:

Event	14+Under	15	16	17+
100 Free	59.97	57.34	56.44	55.29
200 Free	2:10.94	2:04.84	2:03.90	2:01.48
400 Free	4:38.69	4:26.32	4:23.13	4:20.05
100 Back	1:08.32	1:05.88	1:03.23	1:02.16
200 Back	2:27.26	2:21.16	2:17.51	2:15.18
100 Brst	1:16.69	1:13.72	1:11.52	1:09.75
200 Brst	2:45.85	2:39.21	2:36.17	2:33.65
100 Fly	1:06.02	1:03.04	1:01.71	1:00.33
200 Fly	2:28.44	2:21.82	2:18.13	2:14.94
200 IM	2:26.87	2:22.07	2:18.89	2:16.61
400 IM	5:14.07	5:04.94	4:58.19	4:52.87