

PCS

Jr Academy

Selection Policy

2016/17



1. Selection details
 - 1.1 Qualifying times must be swam Short Course (25m).
 - 1.2 Times may be taken form any Short Course meet.
 - 1.3 Short Course conversions maybe accepted at the coaching teams discretion (Using PCS TM only).
 - 1.4 Times must be met every 6 months to retain place within the squad.
 - 1.5 Swimmers selected for higher Jr National, National or National Performance squads will not be eligible for selection into the Academy squad.
 - 1.6 Minimal standard time must be met to be in consideration for a place in the squad.
 - 1.7 The coaching team may fill any un assigned spaces at there discretion, but must hit target times and/or goals on dates selected by the coaching team to maintain their place within the squad.
 - 1.8 Development Clubs will be given the opportunity to discuss proposed swimmers selected for acceptable attendance (record must be produced), behavior and trainability in club, but the final decision is the coaching teams responsibility.
 - 1.9 There will be 2 entry points per year, one in September and one March.

2. Squad size
 - 2.1 Maximum squad is will be 32 swimmers
 - 2.2 The coaching team holds the discretion over the squad size at all times.

3. Age Bands
 - 3.1 Minimum standard times will be set in the following age's bands: 9/10.
 - 3.2 Each age band will be allocated a set number of spaces for both the 100 and 200 IM, if more swimmers qualify, coaches discretion will be used.
 - 3.3 Age on the day of selection.

4. Documents and commitments
 - 4.1 Swimmers and parents must have signed a code of conduct before entering the squad.
 - 4.2 Swimmers must have filled out documents and return them to the coaching team before entering the squad.
 - 4.3 Swimmers must be attending all their club hours to be eligible for the squad.
 - 4.4 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmers place being revoked.

5. Land Training
 - 5.1 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmers place being revoked.



6. Selection Times

6.1 Males places available for selection

Event	9	10
100 IM	5	3
200 IM	3	5

6.2 Female places available for selection

Event	9	10
100 IM	6	5
200 IM	2	3

6.3 Minimal standard times are based on 100 IM and 200 IM (See 6.6 and 6.7 table)

6.4 Minimal times have been set at Pembrokeshire top 8 in each age band.

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

6.6 Female Academy Minimum Standard Times:

Event	9	10
100 IM	01:51.2	01:35.3
200 IM	04:06.6	03:25.8

1.1 Male Academy Minimum Standard Times:

Event	9	10
100 IM	01:58.3	02:04.0
200 IM	04:23.2	03:58.1



PCS

Senior Academy

Selection Policy

2016/17

1. Selection details

1.1 Qualifying times must be swam Short Course (25m).

1.2 Times may be taken form any Short Course meet.



- 1.3 Short Course conversions maybe accepted at the coaching teams discretion (Using PCS TM only).
 - 1.4 Times must be met every 6 months to retain place within the squad.
 - 1.5 Swimmers selected for higher Jr National, National or National Performance squads will not be eligible for selection into the Academy squad.
 - 1.6 Minimal standard time must be met to be in consideration for a place in the squad.
 - 1.7 The coaching team may fill any un assigned spaces at there discretion, but must hit target times and/or goals on dates selected by the coaching team to maintain their place within the squad.
 - 1.8 Development Clubs will be given the opportunity to discuss proposed swimmers selected for acceptable attendance (record must be produced), behavior and trainability in club, but the final decision is the coaching teams responsibility. There will be 2 entry points per year, one in September and one March
2. Squad size
 - 2.1 Maximum squad is will be 24 swimmers
The coaching team holds the discretion over the squad size at all times.
3. Age Bands
 - 3.1 Minimum standard times will be set in the following age's bands: 11/12
 - 3.2 Each age band will be allocated a set number of spaces for both the 100 and 200 IM, if more swimmers qualify, coaches discretion will be used.
 - 3.3 Age on the day of selection.
4. Documents and commitments
 - 4.1 Swimmers and parents must have signed a code of conduct before entering the squad.
 - 4.2 Swimmers must have filled out documents and return them to the coaching team before entering the squad.
 - 4.3 Swimmers must be attending all their club hours to be eligible for the squad.
 - 4.4 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmers place being revoked.
5. Land Training
 - 5.1 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmers place being revoked.

6. Selection Times



- 6.1 Places will be selected from the top 2 swimmers each age group for 200m's (IM and Freestyle) and top 1 swimmers for 100m's (Freestyle, Butterfly, Breaststroke and Backstroke)
- 6.2 Minimal standard times are based on 200 IM, 200 Freestyle, 100 Freestyle, 100 Butterfly, 100 Breaststroke and 100 Backstroke (See 6.6 and 6.7 table)
- 6.3 Selection will be made on events 1st 200 I.M. 2nd 200 Freestyle, 3rd 100 Freestyle, 4th 100 Butterfly, 5th 100 Breaststroke and 6th 100 Backstroke
- 6.4 The coaching will set minimal times PCS Coaching team selected using top 100 welsh based swimmers as of 1st June
- 6.5 The Coaching Team reserves the right to alter the times if deemed necessary

6.6 Females Senior Academy Minimum Standard Times And Selection Places For Each Event:

Event	11	Selection Places	12
200 IM	03:22.5	1	03:07.0
200 Freestyle	03:00.4	1	02:47.1
100 Freestyle	01:21.2	1	01:15.4
100 Butterfly	01:48.8	1	01:40.9
100 Breaststroke	01:47.6	1	01:40.2
100 Backstroke	01:32.3	1	01:27.2

1.1 Male Senior Academy Minimum Standard Times And Selection Places For Each Events:

Event	11	Selection Places	12
200 IM	03:58.3	1	03:41.8
200 Freestyle	03:36.8	1	03:24.0
100 Freestyle	01:34.4	1	01:24.4
100 Butterfly	02:41.6	1	03:01.2
100 Breaststroke	02:01.1	1	01:57.0
100 Backstroke	01:47.8	1	01:42.5

