

# Squad Criteria and Expectations

## Squad Movement Guidelines

Swimmers will be selected using the coaching team's discretion. Selection typically takes place for each term but swimmers might be asked to move squad during a term.

Selections will not be based on times. This will allow swimmers to focus on technique and to have a longer career in swimming, achieving better long-term results

Most squad movements will be based on a combination of age, performance, ability to train, attendance, attitude and technique, not age or performance alone. Movement within the Academy squads will be particularly fluid. Promotions will be coordinated between swimmer, parents and coaching staff at a time most beneficial for the individual.

## Waterdragon Squad (6-12yrs)

### Selection:

- Club intake from wave 6 or 7 Learn To Swim or by individual assessment in club by coaches

### Commitments:

- 2 sessions a week, with regular attendance, positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)

### Goals:

- Refine all 4 strokes to FINA level, teach turns and starts. Learn basic stroke drills & aquatic skills, be able to swim FINA legal 50m Backstroke, 50m Breaststroke, 50m Frontcrawl, also working towards 25m Fly & 100 IM
- Have fun

## Academy Nemo (8-12yrs, for max of 1 yr)

### Selection:

- Swimmers selected by Waterdragon coaches to move into Academy

### Commitments:

- 3 sessions a week, with regular attendance, positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag for training to include snorkel and fins.
- Starting to get a taste for events and experience by competing at Level 3 and No time galas.

### Goals:

- Working on all 4 strokes for stroke efficiency and race skills, also refining aquatic skills. Achieve FINA legal 100m Backstroke, 100m Breaststroke, 100m Frontcrawl, starting to work towards 50m Fly and 200 IM
- Have fun.

## Academy Dolphins (9-13yrs)

### Selection:

- Selected by coaches - swimmers who have progressed well in Nemo Group and are regularly attending training and competing.
- Swimmers who have been selected into Pembrokeshire County Academy squad.

### Commitments:

- Up to 4 sessions a week, with regular attendance, positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag for training to include snorkel and fins
- **Competing regularly and at 5 key galas as set out below.**

### Goals:

- Working on all 4 strokes for stroke efficiency and race skill. Learning and executing Swim Wales drills correctly, also further refining aquatic skills, working towards FINA legal 200m Backstroke, 200m Breaststroke, 200m Frontcrawl, 100m Fly and 200 IM
- Have fun

## Academy Porpoise (9-13yrs)

### Selection:

- Swimmers who have progressed well in Nemo group or have been in Nemo for 1 year (3 terms) and who do not wish to compete regularly at this stage.

### Commitments:

- Up to 3 sessions a week\*, regular attendance, positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag for training to include snorkel and fins.

### Goals:

- Working on all 4 strokes for stroke efficiency and initial race skills. Further refining aquatic skills, thus improving stamina and fitness to help swimming longer distances such as 200m Backstroke, 200m Breaststroke, 400m Frontcrawl and repetition sets of 50m and 100m
- Have fun.

*\*If children in Academy Porpoise Group fulfil all their squad hours but still wish to train more often they will be given the opportunity to do so.*

*Should children from Academy Porpoise group at any time wish to start competing, they are able to move across to Academy Dolphin group.*

## Development Squad (10+ yrs)

### Selection:

- Selected by coaches - swimmers who have progressed well in Dolphin Group and are regularly attending training and competing
- Swimmers who have been selected into Pembrokeshire County Academy or Junior National Squad
- Swimmers who are returning from National or National Performance County Squad who wish to stay competitive.

### Commitments:

- Up to 4 sessions a week (as agreed by coaches and parents), regular attendance, positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag for training to include snorkel and fins and streamline board
- **competing regularly and at 5 key galas as set out below**
- Be an excellent role model to all other swimmers in Flyers.

### Goals:

- Working on all 4 strokes for improved stroke efficiency and race skills. Regularly attaining excellent execution of Swim Wales drills, also further refining other aquatic skills and working towards racing at all FINA events including 200m Butterfly, 400IM, 400m, 800m, 1500m Frontcrawl.
- Have fun.

## Legends (14+)

### Selection:

- Swimmers from Academy Porpoise group who have turned 14.
- Swimmers from Development Squad who are no longer not able or willing to commit to full hours or galas.
- Swimmers returning from National or National Performance County Squads who wish to reduce their commitment to training and competitions

### Commitments:

- Up to 2\* sessions a week, with regular attendance, a positive attitude, willingness to learn & train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag to include snorkel and fins.

### Goals:

- staying fit and maintaining stroke technique
- Become involved as a volunteer and role model in Club life by helping to coach, officiate or fundraise.
- Have fun.

*\*If children in Legends fulfil all their squad hours but still wish to train more often they will be given the opportunity to do so.*

## **Masters (16+)**

### Selection:

- Swimmers from Legends who need later training hours.
- Swimmers from Development Squad who are not able or willing to commit to full hours or galas.
- Swimmers returning from National or National Performance County Squads wishing to reduce their commitment to training and competitions.

### Commitments:

- Up to 2\* sessions a week, with regular attendance, a positive attitude, willingness to train and to be a responsible member of the team. Will need to be available for team galas and Club Championships (July)
- Kitbag for training to include snorkel and fins.

### Goals:

- Staying fit and maintaining stroke technique.
- Become involved as a volunteer and role model in Club life by helping to coach, officiate or fundraise.
- Have fun.

## **Key galas for competitive swimmers**

**Pembrokeshire County Championships (October)**

**West Wales Sub-Regional Gala (November)**

**Regional Championship (February, qualifiers only)**

**Spring gala: either No times gala SC or Tiger Bay LC**

**Summer gala: Amman Valley Carmarthen or Swansea LC or Development Meet**

## **All Squads and members**

**Team galas throughout the year**

**Club Championships (July)**