

## City of Oxford Swimming Club Squad Criteria

SQUAD CRITERIA	Youth Competitive	Youth Squad	Age Competitive	Junior Competitive	Junior Squad	RS Platinum	RS Gold	RS Silver	RS Bronze	Masters	Brookes Squad
Ultimate Aim of Squad	National Qualifier, SER Qualifier, ONB Finalists (Highest Level Possible)	To enjoy swimming & compete at the highest level desired	SER Qualifier or higher & progression to Youth Comp or Squad	ONB & SER Qualifier, enjoyment of competitive swimming & Progression to Age Comp	County participation & enjoyment of swimming (aiming for Junior Comp)	County participation & progress into Junior Competitive/Junior Squad	To enjoy swimming & progress into Platinum	To enjoy swimming & progress into Gold	To enjoy swimming & progress into Silver	To enjoy swimming and compete in Masters events, if desired	To enjoy swimming and compete, if desired
Age	14 +	14 +	12 - 14	13/U	12/U	7-11	6 - 10	6 - 10	6 - 10	18 +	18+
Automatic Standards	SER Accepted times	ONB County times	ONB qualifier or higher	ONB qualifier or higher	Aiming for County times	Aiming for County times	Correct age & appropriate skills, at discretion of coaching team	Correct age & appropriate Skills, at discretion of coaching team	Correct age & appropriate Skills, at discretion of coaching team	Adults looking to improve their swimming skills and fitness, at the discretion of the coaching team.	Standards set by Brookes
Considered Standards	SER considered times & ONB County swimmer	Targeting ONB County times and above. Attendance at L3 and above meets as per training plan, swimmers under the age of 14 will be considered	Regular attendance at L3 and above meets in olympic events. Desire to train and compete at a high level	Regular attendance at L3 and above meets in olympic events. Desire to train and compete at a high level	Swimmers over the age of 12 will be considered, at the discretion of the coaching team	Regular attendance at L4 & select L3 meets. Desire to train and compete at a high level	Regular attendance at L4 meets, Team Events, Mini meets & Time Trials	N/A	N/A	N/A	Standards set by Brookes
Athletic Development Standards	Pre & Post pool (approx. 15min per side of each session) Plus attendance at designated Athletic Development Sessions	Pre & Post pool and Athletic Development Sessions attendance desired for injury prevention and teamwork	Pre & Post pool (approx. 15min per side of each session) Plus attendance at designated Athletic Development Sessions	Pre & Post pool (approx. 15min per side of each session) Plus attendance at designated Athletic Development Sessions	Pre & Post pool (approx. 10min per side of each session)	Pre & Post pool (approx. 5-15 min per side of each session)	Pre & Post pool (approx. 5-10min per side of each session)	Pre & Post pool (approx. 5-10min per side of each session)	Pre & Post pool (approx. 5-10min per side of each session)	Pre and Post pool attendance desired for injury prevention and teamwork	Pre & Post pool (approx. 15min per side of each session)
Base Training Standards for Squad	Can hold 30x100 on 1:30 & 10x100 Kick on 2:00 Minimum, Average Skills	Can hold 20x100 on 1:45 & 10x100 Kick on 2:15	Can hold 20x100 on 1:45 & 8x100 Kick on 2:20 Minimum, Average Skills	Can hold 8x75m Kick off 2:10	Good streamline, skills and work ethic	Good streamline, skills and work ethic	Attention to skills	Attention to skills	Attention to skills	400m FC <8:00, can hold 100s FC on 2:00, 50m continuous of 2 other strokes	Standards set by Brookes
Log Books Minimum	Optional. Good interaction with coach	Optional	Decided by Head of Age. Basic, kept up to date.	Decided by Head of Age. Basic, kept up to date.	Optional	Optional	N/A	N/A	N/A	N / A	N / A
Minimum sessions each week	6 Sessions	3 Sessions	5 Sessions	4 Sessions	3 Sessions	3 Sessions (with agreement from Head of RS)	2 Sessions (with agreement from Head of RS)	1 Session (with agreement from Head of RS)	1 Session + swimming lesson (with agreement from Head of RS)	N/A	2 Sessions (with agreement from Brookes)
Number of Available sessions	8 sessions	5 Sessions	7 Sessions	6 Sessions	4 Sessions	4 Sessions	3 Sessions	2 Sessions	2 Sessions	4 Sessions	3 Sessions
Hours Available (may vary)	14.5 Hrs	8 Hrs	12 Hrs	9.5 Hrs	6 Hrs	6 Hrs	4 Hrs	2.5 Hrs	2 Hrs	6 Hrs	4.5 Hrs
Attitude to Swimming	Motivated, positive and respectful COSC team player	Positive and respectful COSC team player	Motivated, positive and respectful COSC team player	Motivated, positive and respectful COSC team player	Positive and respectful COSC team player	Respectful COSC team player	Respectful COSC team player	Respectful COSC team player	Respectful COSC team player	Respectful COSC team player	Respectful COSC & Brookes Team Player

**Transition between squads is at the discretion of the Coaching Team. Attendance and attitude will be taken into account along with physical attributes and personal best times.**