

SQUAD CRITERIA	Masters	Youth Performance	Youth Competitive	Youth Squad	Youth Club	AGS1	AGS2	AGS3	AGS4	AGS5	RS Platinum	RS Gold	RS Silver	RS Bronze
Ultimate Aim of Squad	To Enjoy Swimming and compete in Masters events if desired	National Qualifier, SER Qualifier, ONB Finalists (Highest Level Possible)	National Qualifier, SER Qualifier, ONB Finalists (Highest Level Possible)	To Enjoy Swimming & Compete at the highest level desired	To enjoy swimming, improve fitness and wellbeing, and remain active within a positive club environment	SER Qualifier or Higher & Progression to Youth Comp or Squad		ONB & SER Qualifier, enjoyment of Competitive swimming & Proression to Age Comp		County Participation & enjoyment of swimming (aiming for AGS4)	To Enjoy Swimming & progress into Potential Squad	To Enjoy Swimming & progress into Platinum	To Enjoy Swimming & progress into Bronze	To Enjoy Swimming & progress into Bronze
Age	18 +	14 +	14 +	14 +	14+	12 - 14		13/U		12/U	7 - 10	6 - 10	6 - 10	6 - 10
Automatic Standards	Adults looking to improve their swim skills and fitness. Minimum level: <8:00 400m front crawl, 50m continuous of 2 other strokes (at discretion of coaching team).	Aquatics GB Next Gen Champs Qualification	SER ACCEPTED TIMES	ONB County Times		ONB Qualifier or Higher		ONB Qualifier or Higher		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	Correct Age & Appropriate Skills at discretion of coaching team
Considered Standards	N/A	Swim England Summer Meet Qualification	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		At the discretion of the coaching team, swimmers over the age of 12 will be considered	N/A	N/A	N/A	N/A
Athletic Development Standards	Pre and Post pool 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 and Post pool and Athletic Development Sessions attendance desired for injury prevention and teamwork	N/A	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. 5-10min 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 & Post pool (approx. 5-10min per side of each session)
Base Training Standards for Squad	Can hold 100s front crawl on 2:00 and swim 50m continuous of 2 other strokes.	Can hold 30x100 on 1:20 & 10x100 Kick on 1:40 Minimum, Average Skills	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 10x100 on 2:00 and 10x50 Kick on 1:15	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	Attention to Skills	Attention to Skills	Attention to Skills	Attention to Skills
Log Books Minimum	N / A	Optional. Good interaction with coach	Optional. Good interaction with coach	Optional	Optional	Decided by Head of Age. Basic, kept up to date.		Decided by Head of Age. Basic, kept up to date.		Optional	N/A	N/A	N/A	N/A
Minimum sessions each week	N/A	7 Pool & 2 Dryland Sessions	6 Sessions	4 Sessions	2 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 (with agreement from Head of RS)
Number of Available sessions	4 Sessions	8 sessions	8 sessions	6 Sessions	3 Sessions	7 Sessions		6 Sessions		4 Sessions	4 Sessions	3 Sessions	2 Sessions	2 Sessions
Hours Available (may vary)	6 Hrs	18.5 Hrs	17.5 Hrs	10 Hrs	4.5 Hrs	12 Hrs		9.5 Hrs		6 Hrs	5.5 Hrs	4 Hrs	2.5 Hrs	2 Hrs
Attitude to Swimming	Respectful COSC team player	Motivated, Positive and Respectful COSC team player	Motivated, Positive and Respectful COSC team player	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

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.