



ST PAUL'S BARNES  
SWIMMING CLUB

## ACADEMY SQUAD CRITERIA

**\*This document must be read in conjunction with the Club Ethos and Expectations**

### SWIMMING COMPETENCE

- Swimmers can complete up to 2 hours swimming session
- Swimmers can compete in a 200m distance race in at least 3 different strokes and in Individual Medley

### AGE

9 – 11

### COMMITMENT

The minimum weekly commitment is 3 x pool sessions and 1 x stretching session per week.

\*Any exceptions to the criteria need to be discussed and agreed with the coaches and will be at their discretion.

### ABOUT THIS SQUAD

The coaching philosophy behind the training programme for the Academy Squad is based around Stage 2 of the ASA's Long Term Athlete Development Plan. The LTADP is concerned with applying the appropriate training, competition and recovery levels throughout a young swimmer's career, particularly during these very important years as young athletes grow and develop mentally and physically.

The focus of this squad is to work on developing an excellent technique in all four strokes as well as starts and turns.

Progression to the Performance Squad System will be determined by training commitment, work ethic and competitive performance. All promotion decisions are transparent and are made in consultation with parents and swimmer.

A different pathway is set for swimmers whose ambition is not to become a performance swimmer but still enjoy sport of swimming and competing. This pathway leads to Competitive Development squad.

**Lead Coach:** Milton Sills

**Swimmers:** Boys & Girls – 9 to 11 years

**Training:** Pool sessions – 7.5 hours (5 sessions) per week plus 1 x 30 min stretching session.

**Competitions:** Club Championships, Inter Club Swim Leagues, Borough and County Championships and selected B Level Meets

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

