



ST PAUL'S BARNES
SWIMMING CLUB

COUNTY SQUAD CRITERIA

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

Based upon the 200m Surrey County Qualifying times 2010, County Squad swimmers are required to achieve at least one of the below qualifying times in any stroke or individual medley. The times below are long course times, however converted short course times may be used.

SWIMMERS SHOULD AIM TO ACHIEVE THESE TIMES BY 31 AUGUST 2011

Girls Times (200m):

Age as at 31 August 2011	9	10	11	12	13
Freestyle	3:14	2:57	2:46	2:37	2:31
Backstroke	3:35	3:18	3:03	2:53	2:47
Breaststroke	4:07	3:48	3:31	3:19	3:10
Butterfly	4:00	3:29	3:10	2:58	2:50
IM	3:40	3:22	3:08	2:57	2:51

Boys Times (200m):

Age as at 31 August 2011	9	10	11	12	13
Freestyle	3:12	2:56	2:46	2:36	2:27
Backstroke	3:33	3:16	3:03	2:53	2:43
Breaststroke	4:05	3:47	3:31	3:19	3:06
Butterfly	3:56	3:26	3:08	2:57	2:46
IM	3:38	3:21	3:08	2:57	2:47

AGE

9 – 13

COMMITMENT

The minimum weekly commitment is 4 x pool sessions and 1 x land training 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

In training, there will be an emphasis on aerobic, or endurance, conditioning and refining swimmers skills and technique. In competition, swimmers are expected to achieve county qualifying times and fight for medals or places in the finals at the county championships without specialising on one stroke or distance. County Squad swimmers will be encouraged to compete in range of events and distances and to score maximum points according to the British Age Group Categories (BAGCAT) point scoring system at Surrey County Championships.

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





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The BAGCAT system requires a mixture of events in medley, distance freestyle, other strokes and sprints. Swimmers should also regularly compete and represent SPBSC at licensed open meets, swimming leagues and other swimming events to gain the necessary racing experience. The County Squad swimmers should in time have the ability to gain regional qualifying times and aspire to progress to the Regional. Such progression will be determined by training commitment, work ethic and competitive performance. All promotion decisions are transparent and are made in consultation with parents and swimmers.

Lead Coach: TBC

Swimmers: Boys & Girls – 9 to 13 years

Training: Pool sessions – 9 hours (5 sessions) per week plus 1 x 30 min dry land training session

Competitions: Borough and County Championships, Club Championships, Inter Club Swim Leagues, Level 1 & Level 2 Licensed Open Meets

