



MASTERS SQUAD CRITERIA

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

1. SWIMMING COMPETENCE

- Preferably must be/have been a bona fide competitive swimmer.
- Be able to train at a reasonable pace for 3500-4000 metres in one and a half hours.

2. AGE

Generally, it is for swimmers 18 years and older organised in two different sub-squads:

- Age group Senior swimmers: 18 – 24
- Masters: 25 and older

3. COMMITMENT

- There is no set number of sessions required, however the recommendation is that swimmers attend training at least once a week
- Swimmers are strongly encouraged to compete in Masters swimming competitions and Open Water events for SPBSC. They should also be available and compete in team events which SPBSC take part such as the National Arena League, County, Regional and National Championships if asked.

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

ABOUT THIS SQUAD

The Senior and Masters Competition Squad is basically an organised and supervised swim practice for adults which encompasses the disciplines of Senior Open Age Group, Senior and Masters Age Group, Open Water Swimming and Triathlete Competitive Swimming. All these swimmers train and compete to win. Age groups include the 25+ year-old and the 19-24 year-old age group. There is also an integral link with the Competitive Development Squad. There is, of course, a philosophy: 'Make swimming a "lifestyle" activity – have fun!'

Lead Coach: Tony Pearce

Training: Pool sessions – 10 hours (6 sessions) per week.

Competitions: All Masters or Open national and international meets, Open Water competitions, Club, County, Regional & National Championships and National Arena League.

