



ST PAUL'S BARNES
SWIMMING CLUB

REGIONAL SQUAD CRITERIA

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

1. SWIMMING COMPETENCE

To join this squad a swimmer must achieve or be within five percent of achieving the current London Region Qualifying Times for 200 or 400 Individual Medley (main objective). Alternatively a swimmer may be allowed to join this squad upon achieving Regional Qualifying Times in other events but those must include 2 different strokes and 2 different distances. Swimmers must be proficient in all strokes and be able to cope with the training load and intensity of the training sessions. A transition from County Squad is arranged on a monthly trial basis after discussion with parents, swimmers and coaches.

2. AGE

10-16

3. COMMITMENT

Minimum weekly commitment is 4 x pool sessions and 1 x land training session a week

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

ABOUT THIS SQUAD

Swimmers are expected to achieve success at the both county and regional levels and to have the aspiration and ability to gain national qualifying times and compete at national events. The main objective for Regional Squad swimmers is to qualify in all events for Surrey County Championships and achieve a Top 10 place in BAGCAT in their respective age groups. The Regional Squad swimmers should qualify with at least two different strokes and two different distances for London Region Championships. As this is the top squad of the club, if selected, swimmers are expected to compete and represent SPBSC at all team events which club takes part, such as National Arena League, relays at County, Regional and National Championships, as well as other licensed open meets. Being a squad with a range of ages and different stages of development an individual programme is prepared for each swimmer. This individual approach allows the coach to work closely with the swimmers and maximises swimmers' opportunity to reach their potential in long term. The programme is based on Long Term Athlete Development Plan.

Lead Coach: Martin Jurco

Swimmers: Boys & Girls – 10 to 16 years

Training available: 14 hours (7 sessions) per week including 1x1hr dry land training session.

Competitions: National Age Group Championships, Regional & County Championships, Level 1 & Level 2 Licensed Open Meets, Club Championships, National Arena Swimming League and other Inter Club Swim Leagues

Tel: 020 8746 5398. Fax: 020 8746 5353. Web: www.stpaulsbarnessc.com.

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

