



12 hours of pool time plus one hour land training each week

12 years+ (at coach's discretion)

Objectives

- Top Squad is the club's elite level
- Swimmers aim to improve through natural growth, in addition to optimal improvements through technique and increases in endurance training
- There is a notable jump in the commitment which is relative to the increase in endurance training
- At this level, swimmers are required to increase their aerobic capacity progressively before the onset of maturation and therefore training volume becomes a critical factor in long term development
- Top-Squad swimmers should show a commitment to swimming and consistency at training and competition

Swimmer standards

- Be able to complete 4000m up to a maximum of 7000m training sessions (with intervals between sets)
- Swim a 10 x 100m front crawl set on the required time as set by the head coach
- Ideally swimmers will have and maintain a number of county consideration times and aim to have 1 or more automatic times
- Demonstrate a high degree of competence in starts, turns and finishes on all four strokes, with particular attention to demonstrating strong backstroke starts
- Consistently get feet to flags and aiming to make 10m underwater before starting the breakout phase
- Competent in using the clock to set themselves off between repetitions
- Have competitive times for all events within the last 12 months
- Know all of their PBs for each stroke and event

Attendance

- This squad requires a maximum training commitment as swimmers become older and more advanced, therefore a Top-Squad swimmer needs to attend a minimum 75% or nine hours from the twelve hours of swim sessions provided each week

Competition aims

- Be racing/competing regularly
- Compete in the Club Championships in EVERY event
- Regularly attend club-designated L1/L2/L3 competition. Where the gala schedule permits, swimmers should be competing once a month
- Build towards further county and regional times and increase number of events qualified for
- Set ambitions on achieving English (or other home nations) and British national times
- Improve at least one technical aspect of each stroke over the duration of the season in a race

Working towards

- Towards the end of their time in Top Squad, we like swimmers to have competed in club galas, opens, league events, county championships, regionals and be aiming for nationals
- We also like our Top-Squad swimmers to have started to give back to the club after their time here. This could be through volunteering, or following our renowned history of current swimmers completing teaching/coaching qualifications

Subject to the club's general training requirements.

All squad moves are at the discretion of the coaching team.