



Squad Progression and Criteria 2025/26

Performance Squad

Coach: Head Coach Ian Angell

Hours per week: 11.75 hours pool time and 2 hours land training
Minimum 5 swim sessions + 1 strength and conditioning a week

Focus	<p>To promote teamwork, committed to make the training environment positive and productive, supporting all swimmers to achieve their full potential reaching for the highest levels of County, Regional and National competitions.</p> <p>Performance Squad should be leaders of the YDSC swimming program in and out of the pool and commit to making the training environment positive and productive.</p> <p>Development of specific skills and technical elements needed within the sport. For swimmers to develop an understanding of the strategies and tactics required to swim competitively.</p>
Squad Criteria	<p>Performance Squad must be able to train with high quality technique and under their own motivation</p> <p>Swimmers should have an understanding of different energy levels used when swimming and can demonstrate this throughout a set whilst demonstrating an understanding of their own skill/technique goals and swim objectives</p> <p>In 2 hour training session, swimmers must be able to complete a minimum 5.4 km a session</p> <p>Swimmers should be able to complete 15 x 100 @ 1.45 and 3x200 @3.40</p> <p>Swimmers should be able to complete 2x200 IM and 1x400 IM set with sufficient fundamental skills to satisfaction of the coach</p> <p>One strength and conditioning session a week is high recommended and mandatory for those swimming on a Monday or Wednesday evening.</p> <p>Swimmers are expected to compete at Level 1, 2 & 3 targeted open meets in both short and long course.</p> <p>Expected to swim for the club in League and other team events as directed by the coaching staff.</p>
Commitment	<p>Targeting qualifying times to be able to compete at County level and be pushing to target Regional qualifying times.</p> <p>Swimmers are expected to attend as many available pool sessions (inc at least one early morning session a week) and land training as they can (one strength and conditioning session a week is compulsory).</p> <p>An enhanced commitment to training is expected from the swimmers in this squad.</p>