



## Squad Progression and Criteria 2025/26

### Potential Squad

**Coach:** Lead Coach Ben Card

**Hours per week:** 9.25 hours pool time and 2 hours land training  
Minimum 4 swim sessions + 1 strength and conditioning a week

<b>Focus</b>	<p>Potential swimmers are pursuing swimming seriously with the aim to make county and regional swim meets. (Or strong commitment to swim fitness).</p> <p>Swimmers are perfecting techniques and skills in order to work on longer distance swims such as 200's (with consistent technique). The emphasis being on the technical, tactical and psychological elements of swimming.</p>
<b>Squad Criteria</b>	<p>Swimmers can execute a racing dive from a block and turns according to FINA rules and regulations.</p> <p>Swimmers should have sound skills in Butterfly, Backstroke, Breaststroke and Freestyle and be able to complete sets of multiple 100's and 200's.</p> <p>Swimmers can complete 15 x 100 @ 2:00 and 2 x 200 RI 20 secs and 2 x 200 IM RI 30 secs</p> <p>Swimmers must be able to use the clock independently and change pace according to the set.</p> <p>Swimmers are competing at Level 1, 2 &amp; 3 meets at direction of lead coach.</p> <p>Expected to swim for the club in League and other team events as directed by the coaching staff.</p> <p>One strength and conditioning session a week is high recommended and mandatory for those swimming on a Monday or Wednesday evening.</p>
<b>Commitment</b>	<p>Targeting qualifying times to be able to compete at County level and targeting Regional qualifying times. (For some athletes they may have other multidisciplinary targets)</p> <p>Swimmers are expected to attend as many available pool sessions and land training as they can. (inc at least one land training sessions a week)</p> <p>To begin using a training diary to record all forms of physical activity and sport inc swimming</p> <p>To provide race plans prior to any competitions, understanding how training and personal fitness may affect times and what areas they are looking to work on and develop. Use results gained as a strategy for developing self during future training.</p>