



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>



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

Focus	<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>
Squad Criteria	<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 & 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>
Commitment	<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>



Squad Progression and Criteria 2025/26

Development Squad

Coach: Lead Coach Lauren Holmes

Hours per week: 6 hours pool time and 1 hour land training Plus opportunity for 1.25 hours development session
minimum 3 swim sessions + 1 strength and conditioning a week

Focus	Advancing skills, techniques and overall athletic development with emphasis on progressing endurance and stamina ability.
Squad Criteria	<p>Able to complete both Pre-Pool and Post Pool and understanding of its importance</p> <p>Understanding how to take Heart Rate (HR) including working with PB+ and RPE Model training sets</p> <p>All four strokes legal including legal starts, turns and transitions</p> <p>Must have demonstrated ability to swim a 200IM to satisfaction of lead coach.</p> <p>Can complete 8x100 free @2.10 with tumble turns to satisfaction of coach</p> <p>Willingness to set personal goals (with guidance from coach) and work towards attaining them with a commitment to team events</p> <p>Must be able to use timing clock independently</p> <p>Continue development fundamental movement skills as part of land training session</p>
Commitment	<p>To swim successfully during club training and competitions aspiring to compete at County/Regional's, Level 2 and 3 meets (or in other swim disciplines) with strong commitment to the programme.</p> <p>Expected to swim for the club in League and other team events as directed by the coaching staff.</p> <p>Swimmers are expected to attend regularly as many pool session as they can each week including land-training.</p> <p>Ability to take onboard constructive criticism, verbal instructions/directions and apply to stroke</p> <p>Understand race planning at competitions by working with lead coach in developing self-reflection and post race de-brief.</p> <p>Developing ability to understand areas of competitions to work on throughout season.</p>



Squad Progression and Criteria 2025/26

Junior Development Squad

Coach: Lead Coach Lauren Holmes

Hours per week: 6 hours pool time and 1 hour land training
minimum 3 swim sessions + 1 strength and conditioning a week

Focus	<p>Advancing skills, techniques and overall athletic development with emphasis on progressing endurance and stamina ability.</p> <p>Begin to identify own specific swimming goals and objectives.</p>
Squad Criteria	<p>Can perform a shallow racing dive from side of pool or blocks and legal turns and transitions</p> <p>Be technically proficient at 3 strokes, able to streamline and travel underwater utilizing dolphin kick (front and back)</p> <p>Can complete swim a 2 x 100IM R30</p> <p>Can complete 4x100 free @2.20 with tumble turns to satisfaction of your coach</p> <p>Willingness to set personal goals (with guidance from coach) and work towards attaining them with a commitment towards any team competitions.</p> <p>Must have basic understanding of the timing clock and working towards using timing clock independently</p> <p>A desire and commitment to improve technically, physically and mentally and continue progressing through YDSC</p>
Commitment	<p>Have ambitions to race at County level and beyond or compete in other swim disciplines or increase swim fitness and ability</p> <p>Swimmers are expected to attend regularly as many pool session as they can each week including land-training.</p> <p>Compete in Club Championships including time trials, and begin to compete at Level 3 meets. Expected to swim for the club in any League and other team events as directed by the coaching staff.</p>



Squad Progression and Criteria 2025/26

Skills Squad

Coach: Lead Coach Emma Stacey and Anne Suosilta

Hours per week: 3 hours pool time and 1 hour land training

Focus	Advancing skills, techniques and overall athletic development and preparing for the exciting challenges of competing regularly and beginning the journey in competitive swimming.
Squad Criteria	<p>Swimmers are generally looking to compete in the future or increase fitness.</p> <p>Swimmers can kick 50m of each stroke to a satisfactory standard.</p> <p>Swimmers can perform 50m of front-crawl, backstroke and breaststroke to the satisfaction of the coach, with a minimum of 5m underwater kick.</p> <p>Swimmers are working towards 25m Butterfly legally with good technique.</p> <p>Swimmers can perform 4 x 50m R15 seconds freestyle and 1x100 continuously, with correct side breathing.</p> <p>Swimmers are refining tumble turns and touch turns on all four strokes.</p> <p>Swimmers can perform a dive from the side of pool.</p> <p>Swimmers can perform multiple drills in all strokes to a satisfactory standard.</p>
Commitment	In order for the swimmer to move forwards with their swimming development it is important that they attend as many sessions as possible. Although we don't set a minimum we would suggest at least 2 sessions a week (plus the link session when invited)



Squad Progression and Criteria 2025/26

Junior Skills Squad

Coach: Lead Coach Emma Stacey and Anne Suosilta

Hours per week: 3 hours pool time and 1 hour land training

Focus	To maintain a fun atmosphere while introducing basic elements of competitive swimming.
Squad Criteria	<p>Swimmers are enthusiastic about swimming more than once per week.</p> <p>Swimmers are working on summersault turns and are learning how to perform a dive.</p> <p>Swimmers can perform streamlining off wall on front and back.</p> <p>Swimmers can kick 25m of each stroke to a satisfactory standard.</p> <p>Swimmers can perform 25m of front-crawl, backstroke and breaststroke to the satisfaction of the coach.</p> <p>Swimmers can perform 50m of continuous front-crawl or backstroke</p>
Commitment	In order for the swimmer to move forwards with their swimming development it is important that they attend as many sessions as possible. Although we don't set a minimum we would suggest at least 2 sessions a week.