



AGE GROUP SQUAD

The Head Coach and Lead Coaches have outlined the criteria requirements for this squad

SQUAD AIMS:

- *Swimmers aspire to compete at the Swim Northwest Regional Championships*
- *This squad is typically aimed at swimmers aged between 11 - 14 years ***

AGE GROUP SQUAD ELIGIBILITY

- *Swimmers must qualify and compete at the Lancashire County Championships **(not limited to 50m events)** or have the potential to achieve these qualification times within their first full season in the squad ***
- *Swimmers must attend an average of 4 out of 6 water sessions per week ***
- *Swimmers must attend at least 2 out of 4 land sessions per month ***
- *Swimmers aged 12 & over should aim to attend at least 2 out of 4 weekday morning sessions per month***
- *Swimmers must compete in open competitions and team events if selected*
- *Swimmers must have excellent all-round technical abilities and skills*
- *Swimmers must have the ability to manage the training demands of the squad*
- *Swimmers are required to race in the 200m IM and compete in a variety of events over the season*
- *Swimmers must adhere to the Code of Conduct*

NB. *All criteria will be monitored and recorded and will form part of any decision-making process. The Head Coach will have the final decision on squad moves.*

EQUIPMENT REQUIRED

Swimmers must bring the following equipment to all training sessions – kick board, pull buoy, fins, snorkel, finger paddles & hand paddles and a 1 litre drinks bottle

Equipment for land training – skipping rope, stretch band

COACHING TEAM

Swimming coaches - Rob Mayor (Squad Lead), Lee Williams (Squad Lead), Mike Wilson, Ste Davison (Head Coach), Ruth Owens, Carole Jepson, Catherine Bates, Jenny Ruscoe, Adam Douglas, Ian Miller

Land training – Phil Crabtree, Ste Davison (Head Coach)

**** unless otherwise agreed by the Squad Leads and the Head Coach**