



SENIOR SQUAD

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

SQUAD AIMS:

- ***The Squad is for both non and competitive swimmers***
- ***Swimmers will have race experience and be able to follow a competitive training session***
- ***Swimmers may also still want to compete and are able to enter all relevant internal and open meets***
- ***This squad is typically aimed at swimmers aged between 14 - 18 years *****

SENIOR SQUAD ELIGIBILITY

- ***Swimmers must aim to attend 2 of 5 sessions available***
- ***Swimmers should compete in internal galas and team events if selected***
- ***Swimmers should be able to swim all four strokes***
- ***Swimmers must have the ability to manage the training demands of the squad***
- ***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***

COACHING TEAM

Lee Williams (Lead Seniors' coach), Ste Davison (Head Coach), Carole Jepson, Michael Stott, Steven Allcock

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