

## Potters Bar SC

### **Performance 1 and 2 Squad requirements**

Entry to both Performance squads is by invitation only. Swimmers in these squads will be committed to training and have aspirations to attain National, Regional and County Qualifying times.

Swimmers will be expected to participate in the Club Championships, attend a minimum of two open meets per year and represent the Club in team galas when selected.

There is a minimum training requirement of a minimum of 5 hours in the water, which for Performance 1 swimmers must include one morning session.

For those swimmers aiming to achieve National Qualifying times must understand that they need to be attending most sessions as well as participating in the PBSC Land Training Programme.

Entry to Performance 1 and 2 is by "invitation only" and commitment to training and racing will be subject to review by the PBSC Coaching Team.

### **Junior 1 and 2 Squad requirements**

These squads are for our youngest swimmers that have started their competitive swimming journey. Swimmers will be taught the fundamentals of competitive swimming with a strong basis on stroke techniques, competitive starts and underwater skills. Swimmers will also follow an aerobic training regime in accordance with the ASA's Long Term Athlete Development Programme (LTAD)

All swimmers will be expected to participate in the PBSC Club Championships, enter at least two open meets a year and represent the Club in team galas when selected.

Junior 1 swimmers will be expected to attend at least 3 squad sessions per week.

Junior 2 swimmers will be expected to attend at least 2 squad sessions per week.

### **PBSC Club Swimmer Squad**

This squad is for swimmers aged 12 and over who are interested in maintaining fitness and seeking enjoyment through swimming without making the training and competing commitments required for Performance Squads 1 and 2. Club swimmers are eligible to enter open meets and will be considered for selection in order to represent PBSC in teams galas.

### **PBSC Squad Promotions**

The decision to promote swimmers through the Squad system are taken by the PBSC Coaching Team. In coming to these decisions the following factors are

- 1) Swimming technique and ability across all the swimming strokes. This includes the swimmers proficiency with each strokes "starts" and "turns"
- 2) frequency of attendance at squad training sessions
- 3) frequency of competition - Club Championships and Open Meets.
- 4) Attitude, Behaviour and Fitness Levels