



Harlow Penguins – Performance A Squad

Squad Structure

As a competitive Club we need to ensure that there is a clearly defined pathway which will allow swimmers to develop and progress to the highest levels.

Performance A Squad is Harlow Penguins highest performance squad whose aim is to qualify for Regional & National Championships.

Qualification Criteria

The aim of the Performance A Squad is to enable each of its members to achieve a high level of skills and competency through progressive and structured training cycles aimed at competing at a high level in the sport, aspiring to achieve qualifying times at Regional and National level.

- Squad Age range: Swimmers in this squad are normally aged 14+. Those who achieve the relevant times for the Performance A Squad can only join or retain their place in the squad by adhering to the training commitment for the squad and have the expected training ability to allow the smooth running of training sessions.

Each member of the Performance A Squad must achieve the criteria in the three areas listed below.

1. Training Commitment

- Swimmers must attend a minimum of 6 pool sessions per week, or an amount agreed in advance by the Head Coach which is suitable to the event specialisation, age and development of the swimmer.
- Sessions available are as follows:

Performance A Squad					
Day	Pool	Session Type	Start	End	Session Length
Monday	LZ Pool	VO Set	19:30	21:30	02:00
Tuesday	LZ Pool	Stroke/Recovery	19:30	21:00	01:30
Wednesday	LZ Pool	Speed Work	19:00	20:00	01:00
Thursday	LZ Pool	VO Set	19:30	21:30	02:00
Friday	Studio 2	Stretch & Roller	19:15	20:00	00:45
Friday	LZ Pool	Mixed	20:15	21:30	01:15
Sunday	Basildon LC	Essex SS	16:30	18:30	02:00
Monday	LZ Pool	Preferred	06:15	07:15	01:00
Wednesday	LZ Pool	Preferred	06:15	07:15	01:00
Thursday	LZ Pool	Preferred	06:15	07:15	01:00
Total Pool Time Available					13:30

- Morning Sessions – preferred morning sessions are Monday and Thursday so that swimmers are training twice a day. After weekend competition, Monday morning session will be recovery.
- Essex SS – this session is a Long Course training session at Basildon and is available to swimmers in the squad that have a regional qualifying time. The session will be funded by the Club, if swimmers opt to attend this session, a minimum attendance rate of 75% must be maintained, if not funding for the session will be withdrawn and the cost will be charged back.
- Stretch & Roller session – this should be attended; within this session we will develop routines that swimmers can complete at home and on poolside at meets.
- As a competitive swimmer, pool time is vital to a swimmers continued development, session registers will be monitored to ensure that the requisite numbers of sessions are being attended. If a swimmer continually does not attend sessions as detailed above, we will review whether it is appropriate to withdraw the swimmer from the squad.

2. Competitive Performance

- Swimmers will be expected to compete in meets and galas where selected, their programme will be designed for them to compete at the required level for the squad.
- The Squad qualifying times for the Performance A Squad are based on age Swim England East Region Championship Qualifying times.
- Swimmers must achieve at least 3 qualifying times for their age band. At least one of those times has to be at a distance greater than 50m.

3. Training Ability

- Those who achieve the relevant times for the Performance A Squad can only join or retain their place in the squad by adhering to the training commitment for the squad and have the expected training ability to allow the smooth running of training sessions.
- Swimmers in Performance A Squad must be able to perform specified training sets to maintain their place within the squad. Injuries or long term illness will be taken into consideration (at the discretion of the coaching staff) when training performance is affected.
- If the training performance is detrimental to the remainder of the squad an alternative training squad will be considered until such time as training ability achieves a level suitable for the swimmer to attend the Performance A Squad sessions.

General Squad Information

1. Coaches Assessment

All swimmers within the squad will be monitored with regards to performance standards, training ability and commitment as well as other factors such as attendance, attitude, application, and discipline.

Swimmers who do not meet the requirements of the squad after gaining a place shall be given notice of their level (performance, training etc.) and be required to meet the standard by a specific time/date agreed by the Head Coach and the swimmer/parents.

2. Equipment

Swimmers must bring their own technical equipment to the training sessions, this will include:

- Pull buoy, Kickboard, Snorkel, Hand Paddles, Short fins and Roller/Stretch Bands