



## Harlow Penguins – Competition 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.

The Competition A Squad is part of Harlow Penguins Competition pathway and is aimed specifically at swimmers who may be County Qualifiers at 50m and are looking to achieve qualification at distances in excess of 50m or offer a training schedule that is less intensive than the Performance Pathway.

### **Qualification Criteria**

#### **Harlow Penguins – Competition A Squad**

The aim of the Competition 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 County Championships.

Each member and potential member of the Harlow Penguins Competition A Squad must achieve the criteria in the three areas listed below. Throughout the season all swimmers within the squad will be monitored with regards to performance standards, training ability and commitment as well as other factors such as 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 Squad Coach and the swimmer/parents.
- Swimmers in this squad are normally aged 14 and over.

#### **1. Competitive Performance**

- This is a Competitive Swim Squad and therefore swimmers within the squad will be expected to compete in Open Meets on a regular basis.
- The qualifying criteria for the Competition A Squad are based on Swim England East Region Age Group Championship Qualifying times.
- Swimmers must achieve at least 3 Competition A Squad qualifying times (Regional +20%) for their age band. Preferably, at least one of those times has to be at a distance greater than 50m.

#### **2. Training Ability**

- Swimmers in Competition 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.
- Those who achieve the relevant times for the Competition 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.

- 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 Competition A Squad sessions.

### 3. Training Commitment

- Swimmers should attend at least 4 of the pool sessions allocated, or an amount agreed in advance by the Squad Coach which is suitable to the event specialisation, age and development of the swimmer.
- It should be noted that morning sessions are an integral part of the current schedule. We are expecting swimmers that miss evening sessions to pick up the shortfall with mornings.
- Sessions available are as follows:

Competition A Squad					
Day	Pool	Session Type	Start	End	Session Length
Monday	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	LZ Pool	VO Set	18:00	20:00	02:00
Monday	LZ Pool		06:15	07:15	01:00
Wednesday	LZ Pool	Preferred	06:15	07:15	01:00
Thursday	LZ Pool		06:15	07:15	01:00
<b>Total Pool Time Available</b>					<b>09:00</b>

- 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.
- Swimmers are expected to arrive at least 15 minutes before the start of each pool session to prepare for training by following prescribed pre-pool exercises and then remain after each session for the appropriate post training stretching.
- 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.

## 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