

Squad Structure & Entry Criteria Standards

Premier Squad
10 Hrs 30mins per week offered
7 Hrs Minimum per week required
2 Hrs Gym available
Selection based on combined time for 400 Free & 200IM
Attitude & application: Excellent
Competition: County Champs, Club Champs, Open Meets & Gala's

Club Squad
4 Hrs 30mins per week offered (Optional)
Selection based on combined time for 200 Free & 100IM
Attitude & application: Good
Competition: Club Champs & Gala's

A Squad
8 Hrs 45mins per week offered
5 Hrs Minimum per week required
1 Hr Land Training available
Selection based on combined time for 200 Free & 100IM
Maximum Age: 16yrs
Attitude & application: Excellent
Competition: County Champs, Club Champs, Open Meets & Gala's

B Squad
4 Sessions per week offered
3 Sessions per week expected
Selection based on combined time for 200 Free & 100IM
Maximum Age: 14yrs
Maximum Age on Entry to Squad: 11yrs
Attitude & application: Excellent
Competition: Club Champs, Open Meets & Gala's

C Squad
3 Sessions per week offered
2 Sessions per week expected
Minimum standard: ASA Stage 7
Maximum Age: 11yrs
Maximum Age on Entry to Squad: 9yrs
Attitude & application: Excellent
Competition: Club Champs & Gala's

