

Squad criteria - Performance

Performance	Criteria	Reasoning	Time/distance
Age range	13-18 typically	Age appropriate skeletal and muscular development	
Typical tenure	N/A	Once a swimmer has reached Performance there is no promotion; which can lead to complacency over time. A long-term intention is to develop a process where swimmers can lose a place in the squad if they are blocking the promotion of a swimmer with faster times.	
Attendance	16/18 sessions per month	A reasonable expectation is to hit an approximate 70% attendance level.	
General swimming principles	Can they do the fundamentals?	Head position; rotation; correct body position on all strokes and feel for the water. Correct breathing e.g. breathing on third stroke on freestyle (not before).	
Technique	Can they do the fundamentals?	Knows stroke count; continuous body wave; can demonstrate the use of flags. Mastered all four strokes. Swimmers must be 'stoke legal' in this squad.	
Training principles		Can use training clock to start and hold swim and rest times described in set. Knows PB's and can work at 50/80% of max.	
Freestyle	50 m	Legal.	
Back stroke	50 m	Legal.	
Breaststroke	50 m	Legal.	
Butterfly	50 m	Legal.	
Start/Finish/Turns	Advanced	Full competitive start. Holds steam lines; minimum 10m hypoxic from boards and breathe on first stroke. Minimum of accelerated 5m from tumble turns. Purposeful tumble turns on all training sets. 5m from shallows.	
Open meets	Developed	Minimum 2 per year.	
Club competitions	Developed	Represents club when chosen.	
Club championships	Developed	Enters a minimum of 5 events in summer and winter championships.	
Stamina	T20	Based on Gold standards a minimum of 1300 m.	20 mins
Behaviour	Listens/concentrates	Uses their behaviour to progress the objectives of the quad. Familiar with the concept of 'low level disruption' and actively avoids this and manages it in others.	
Swimmers should be bettering these times to retain a place in Performance	Freestyle 50 m	Equal to or better than.	37.20
	Backstroke 50 m	Equal to or better than.	43.00
	Breastroke 50 m	Equal to or better than.	48.00
	Butterfly 50 m	Equal to or better than.	41.50