

# SQUAD QUALIFICATION & MOVEMENTS

## Wroe Elite Swim Training Squad Movement Procedure

Squad movements are an unusual occurrence and are not the norm.

The movement of swimmers between squads is decided by the squad coaches in discussion with the Director of Swimming. Once you have received a letter from the Director of Swimming inviting you to move squads will you then be eligible for the next squads training sessions.

### The squad movement procedure will follow this process:

Note: All movements between squads are reviewed by the Director of Swimming. The Director of Swimming, in consultation with the team of squad coaches, may at their discretion authorise movements that do not comply strictly with the entry criteria for a particular squad. Movement between squads can be down as well as up, depending on commitment to training and / or suitability of the athlete within the current squad.

Movement Criteria that will be looked at for each individual:

Criteria	What is expected?	Action Points
Competition Performance.	<ul style="list-style-type: none"> <li>• KSF qualifying times in line with your current age group and Squad Level.</li> <li>• South Africa Levels 3, 2 &amp; 1 Qualifying Times.</li> <li>• ASA (UK) National Qualifying Times.</li> </ul>	<ol style="list-style-type: none"> <li>1. Re-assess your personal targets; are they realistic and achievable at this moment?</li> <li>2. Are you entering the correct events at the competitions you are eligible for?</li> <li>3. Are you attending every available practise session?</li> <li>4. Are you applying yourself at every session – and are you ‘leading’ the squad at practise on every set?</li> <li>5. Re-target, keep going, keep positive and focused and most of all enjoy your swimming and you will eventually achieve your targets.</li> </ol>
Training Attendance.	<ul style="list-style-type: none"> <li>• Is your attendance at training sessions consistent (at least <b>90%</b> of the current <b>minimum</b> session requirements) and what is expected of you for your particular squad?</li> <li>• (Attendance is based on the past two months – not just the week before!).</li> </ul>	Swimming is unlike any other sport in terms of the amount of training you need to do to achieve your full potential. Attendance is a key factor to your development as an elite swimmer. You must demonstrate consistency in attendance in line with the <u>minimum</u> required sessions for your squad.
Attitude Towards Training.	<ul style="list-style-type: none"> <li>• Is your attitude towards training positive?</li> </ul>	Positive attitude at all sessions is a key factor to your development as an elite swimmer. Attitudes can be infectious, is yours worth catching and is yours worth spreading?
Application in Training Sessions.	<ul style="list-style-type: none"> <li>• Are you applying yourself fully to every set in every training session?</li> </ul>	<p>The way you train is important.</p> <ol style="list-style-type: none"> <li>1. Are your starts, turns and finishes perfect?</li> <li>2. Are you streamlined and getting your feet past the flags every time you push off the wall?</li> <li>3. Are you training at the right intensity all the time?</li> <li>4. Is your technique perfect ALL the time?</li> </ol>
Attendance and performances at Time Trials and Test Set Results.	<ul style="list-style-type: none"> <li>• Time Trials are <b>COMPULSORY</b> for all swimmers.</li> <li>• Test sets are part of the ‘normal’ training cycle of the squads. They are not advertised when they are going to be, but they are a regular occurrence in practise sessions.</li> </ul>	The Squad Coaches and the Director of Swimming will look at Time Trials to monitor your progress. All time trials are compulsory for all levels of swimmers at the Poseidon. Consistency in attendance will ensure you don’t miss the Test Sets in training sessions. An athlete who never misses will show more results in test sets.
Disciplinary Record	<ul style="list-style-type: none"> <li>• Is your behaviour acceptable for this level of training?</li> </ul>	If you want to achieve high levels of performance in swimming, then your behaviour and self-discipline are important. Yours must be of a high standard to be part of the Poseidon Swimming Club.
Golden Rules	<ul style="list-style-type: none"> <li>• Are you following the Gold Rules at all your training sessions?</li> </ul>	This one is easy! Follow your squads Golden Rules.

## IMPORTANT

Swimmers failing to meet the required attendances / qualifying times & age bands for the Training Squads will be moved into an appropriate squad or removed from the programme altogether to make room for athletes who are showing greater commitment.

Due to the limited number of places within each squad, swimmers with full qualification / attendance and performance for their particular squad maybe moved to an alternative squad at the Coach’s discretion. Places within each squad will be taken by the swimmers with the greatest potential based on current performance.