

## Senior Performance

Senior Performance squad is for swimmers competing at regional level and working toward national level competitions. Competitions will be located both in and out of the region to develop the necessary experience for achieving excellence in the sport. Swimmers are expected to attend a seasonal intensive training camp for improved independence, experience and physiological adaptation. The training program of this squad prioritises physiological, technical and tactical development for optimal performance at Championship competitions.

Swimmers have achieved multiple East Region short course or long course qualifying time for the season and have a goal of swimming at the Summer National Championships. At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity and maintain desired skill levels.

Ages 16+ as of 31st December

### Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	5.30-7.00am	Downham Market		
Monday	7.00-8.30pm	King's Lynn		
Tuesday	8.00-9.30pm	Downham Market	6.30-7.15pm	Downham Market
Wednesday	8.00-9.30pm	King's Lynn	TBC	TBC
Thursday			7.00-8.30pm	King's Lynn
Friday	6.00-7.30am	King's Lynn		
Friday	7.30-9.30pm	King's Lynn		
Saturday				
Sunday				

### Specific Squad Expectations

- Swimmers have the ability to and demonstrate the attitudes and behaviours to progress and compete at National level.
- Swimmers demonstrate a strong work ethic and are committed to attending 90-100% of training sessions each week and a minimum of 5 pool sessions and 2 land training sessions each week.
- Swimmers are on poolside at least 15 minutes before the start of each pool session (excluding Tuesdays & morning training) to complete stability and mobility work. **Swimmers will not get in the pool until they have completed 15 minutes of good quality pre-pool work.**
- Swimmers complete at least 10 minutes of stretching after every pool session.
- A positive mindset both in training and competition. A team player, respectful, supportive and caring.
- Committed to working towards achieving process and outcome objectives in competition.
- Consistently demonstrate a minimum of 5 fly kicks of all wall in a streamlined position.
- Can hold 10 x 100 FC @1.20

- Can kick 100m on their No.1 Stroke in under 1min 40sec
- Consistently holds required race pace times when asked.
- Loves race day and thrives in a competitive environment.
- Swimmers set process orientated goals to motivate and drive their own development.
- Swimmers are capable of balancing swimming, school / work and social commitments.
- Swimmers are accountable for their own effort, actions and behaviours.
- Swimmers broadly understand training cycles and the importance of competing unrested at meets to learn and work towards their long term goals.
- Swimmers are able to take a step back and put performances in perspective and view the big picture.
- Swimmers in exam years agree an 'individual' training programme with the head coach before the Easter Holidays.
- Swimmers attend the seasonal intensive training Camp.

### **Equipment**

- Stretch band for pre-pool work / shoulder stability and strengthening
- Red or Black looped resistance band for land training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Hand paddles
- Snorkel
- Drinks bottle

### **Reviews**

Swimmers progress and ability to meet the criteria and expectations of the squad will be monitored throughout the season. Swimmers who are not meeting the criteria and expectations for the squad will be informed of this and will be given a set period of time to reach the required standard. If swimmers are still not meeting the squad's criteria and expectations after this time frame, they will be moved to a more appropriate squad for their abilities, attitude, commitment and ambition.