

Junior Performance

Junior Performance Squad is for swimmers competing at county level and progressing towards Regional & National Championships. Competitions will be located both in and out of the region to develop the necessary experience for achieving these goals and future progression in the sport. Swimmers are expected to attend a seasonal swim camp for improved independence and experience. The main emphasis of the training program is continuing development of stamina and endurance combined with great stroke and skill technique.

Swimmers have achieved multiple County qualifying times for the season. 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 Males 11-15 / Females 11-14 as of 31st December

This Squad is split into two groups to utilise pool and land training space, the differences in training times are highlighted below. You will be advised by the Head Coach which group you are in, please do not ask to switch groups as it will not be possible.

Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	8.00-9.30pm	King's Lynn		
Tuesday	8.00-9.30pm * Group 1 Only	Downham Market	7.15-8.00pm* Group 1 Only	Downham Market
Wednesday	8.30-9.30pm	Downham Market	5.00-5.40pm	Zoom
Thursday	8.00-9.30pm	King's Lynn		
Friday	6.00-7.30pm	King's Lynn		
Saturday	7.00-8.30am	Downham Market	8.45-9.30am* Group 2 Only	Downham Market
Sunday	5.00-6.30pm * Group 2 Only	Downham Market		

Specific Squad Expectations

- Swimmers have the ability to and demonstrate the attitudes and behaviours to progress and compete at Regional level.
- They demonstrate a strong work ethic and are committed to achieving the attendance requirement of attending 80-100% of training sessions each week and a minimum of 5 pool sessions and 1 land training session 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 are encouraged to stretch after sessions.
- A positive mindset both in training and competition. A team player, respectful, supportive and caring.
- Swimmers are working towards achieving process objectives in competition.
- Consistently demonstrate 3-5 fly kicks of all wall in a streamlined position.

- Can hold 10 x 100 FC @1.50
- Can hold 10 x 100 IM @2.05
- Can kick 100m on 2 different strokes in under 2mins 10sec
- Loves race day and thrives in a competitive environment.
- Swimmers set process orientated goals to motivate and drive their own development.
- Swimmers are learning to make their own choices and balance swimming, school / work and social commitments.
- Swimmers are learning to be accountable for their own effort, actions and behaviours.
- Swimmers have up to date licensed times (within the last 6 months) in the following events as a minimum: All 50s and 100s, 200 Free, 200 IM plus at least one other 200m event, 400 FC and 400 IM.
- Swimmers attend the seasonal intensive training Camp.

Equipment

- Stretch band for pre-pool work / shoulder stability and strengthening
- Red 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.