

WWHSC Squad Criteria 2023

	P1			P2		P3	
Time Criteria (must achieve 6 of the following times)	400m	200m	50m	200m	50m	200m	50m
FC	5:20	2.30	32	2.40	35	3:00	40
BK		2.50	37	3.00	40	3:20	45
BR		3.10	42	3.30	43	3:40	50
FLY		3.00	35	3.20	38	3:30	45
IM	6:00	2.50	Xx	3.20	xx	3:30	xx
Age (Typical)	>14(f) 15(m)			>11(f)12(m)		>11(f)12(m)	
Training Expectations	*Attend min 7 sessions weekly + land training * Punctuality *land warm up 10 mins prior to swim *100% to performance training *hungry to achieve full potential			*Attend min 6 sessions weekly + land training *Punctuality *Land warm up 10 mins prior to swim *100% to performance training *hungry to achieve full potential		* Attend min 5 sessions weekly + land training *Punctuality *Land warm up 10 mins prior to swim *100% to performance training *hungry to achieve full potential	
Competition	*Enter open meets as advised by coach (min 4) *Be available for team galas *Enter all club champs *Qualify for and compete at county champs *Qualify and compete at Regional Champs *Qualify and compete at National Champs			Enter open meets as advised by coach (min 4) *Be available for team galas *Enter all club champs *Qualify for and compete at county Champs *Qualify and compete at Regional Champs		Enter open meets as advised by coach (min 4) *Be available for team galas *Enter all club champs *Qualify for and compete at county champs *Qualify and compete at Regional Champs	
Potential/Target	Regional Qualifier Regional Competitor National competitor			County times Progression to P1 Model for county junior swimmers Regional Qualifier Regional Competitor		County Times Regional times Progression to P2 Model for county junior swimmers Regional Qualifier	
Technical Level	Highest Level, constant attention to small detail			Excellent technique in all strokes. Working on main weaknesses.		Excellent technique in all strokes. Working on main weaknesses.	
Coaches	Melanie/Heidi/Ali			Melanie/Heidi/Ali		Melanie/Heidi/Ali	

Squads will be reviewed by coaches in December, March, June and September and on the Head Coach discretion

Progression through squads to be based on fulfilment of criteria and at coaches' discretion.

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County Junior		County Plus	Academy	Masters
200m	50m		Entry Criteria	
3.25	42	200m FC: 3.40 100m IM: 2.00	Age <7 3 strokes legal over 25m, somersault near wall, kneel dive off block Age <8 3 strokes legal over 25m & good attempt at 4 th stroke, all turns & transitions, standing dive off block Age 9-10 3 strokes legal over 50m, 4 th stroke legal over 25m, all turns and transitions + IM, starts & finishes Age 11-12 as for 9-10 plus 100m Fr <1:40, 100m IM <2:00, 100m Bk <1:50 or 100m Br <2:00, 100m FI <3:00	
3.40	50			
4.10	55			
4.10	48			
4.00	xx			
8-11		>12	<12	>18
*Attend min 3 sessions weekly + land training*Punctuality *Hungry to achieve full potential *Give 100% to training		*Attend min 2 sessions weekly *Punctuality *Committed to health and Fitness, possibly excel at other/multiple sports *Give 100%	*Good Punctuality – on poolside 10 mins before session for a land warm up. Attend with all poolside equipment and drink. * Eager to improve * Give 100%	Train to compete in Masters events. Attend regularly
*Enter open meets as advised by coach (min 4) *Be available for team galas *Enter all club champs *Aim to progress to P3		*Enter open meets as advised by coach (min 3) *Be available for team galas *Enter all club champs *Aim for county qualification	*Enter meets as advised by coach(min3/year) *Be available for team galas * Enter all club champs *Aim to progress to county junior	* Enter 2 Masters meets per year+ open water events * Complete a personal challenge e.g. to swim a long event 3.8k or 5k or 10k race
County Entry times Progression to P3 Model for academy swimmers		PB's county entry Progression to Performance	Technique to be legal Progression to County Junior Aim for County Considered times	Being allocated a dedicated coach. Achieving PB times Recognition within the club
Sound technique in 3 of 4 strokes. Focus on perfecting all strokes turns etc.		Good technique in all strokes working on main weaknesses.	Strong focus on improving technique and learning all round.	Focus on perfecting front crawl. Improving other strokes
Anthony/Ewan		Ewan/Anthony	Maria/Rachael/Maz	Ewan

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