

# Forest of Dean Swimming Club

## Squad Criteria



### **Performance 2**

- 13yrs +
- Able to complete a training standard of 16 x 100m Free on 1:40, holding PB+16-20.
- Able to complete 12 x 50m IM switch on 1:00, while maintaining at least 10s rest.
- Shows understanding of training principles.
- Able to swim a full range of events.
- Has achieved qualifying times for SE championship events.
- Shows commitment to training and motivation to perform better.
- Show a long-term perspective and demonstrate long-term goal setting, swimmers focus on the best possible “end result” rather than short-term outcomes.
- To have competed in licenced competition (Level 3 or higher).
- Swimmers must be able to execute, review and understand a race plan.
- Subject to coach discretion.

### **Performance 1**

- 12yrs +
- Able to complete a training standard of 16 x 100m Free on 1:50, holding PB+16-20.
- Able to complete 12 x 50m IM switch on 1:10, while maintaining at least 10s rest.
- Develop understanding of training principles.
- Demonstrates the ability to self-manage, reacts to feedback and takes ownership upon their swimming and performance.
- Able to swim a variation of competitive disciplines and distances.
- Full understanding of FINA rules around the sport.
- Ability to take ownership for their behaviours and actions in training and competition.
- Swimmers are able to execute a race plan and develop this in future through their individual feedback.
- Subject to coach discretion.

## **Competition 2**

- Able to complete a training standard of 12 x 100m Free on 2:15, holding PB+16-20.
- Able to complete 12 x 50m IM switch on 1:20, while maintaining at least 10s rest.
- Able to understand and use all equipment, including the pace clock.
- Able to understand our training gears and how to implement this in training and competition.
- Ability to swim or compete in all competitive events. (exception of the 400m IM and 200m Fly)
- Good understanding of FINA rules around the sport.
- To compete in at least 1 competition (Level 4 or higher).
- Able to show a good work ethic and appetite to consistently perform positive training behaviours.
- Subject to coach discretion.

## **Competition 1**

- Able to complete a training standard of 10 x 100m Free on 2:45.
- Able to complete 12 x 50m IM switch on 1:30, while maintaining at least 10s rest.
- Show understanding of how to use the pace clock.
- Able to show some understanding of our training gears and how to implement this in training.
- Able to understand and complete all 7 competitive stroke turns.
- Able to demonstrate a range of drills for all 4 strokes.
- Able to complete a legal 200m IM.
- Able to swim 1500m continuous Freestyle swim.
- Swimmers must be comfortable diving from a starting block.
- Swimmers must demonstrate a level of independence with regards to their training and competition.
- Subject to coach discretion.

## Training 2

- Able to swim a legal freestyle, backstroke and breaststroke to the distance of 100m. In addition, able to swim a legal butterfly to the distance of 25m.
- Able to demonstrate a tumble turn.
- Able to complete a legal 100m IM.
- Able to swim 800m continuous Freestyle swim.
- Perform legal underwater phases for all 4 competitive strokes.
- Perform legal finishes for all 4 strokes.
- Perform a track start dive from the side or the block.
- Perform a Backstroke start from the side or a block.
- Understand and complete an effective streamline position.
- Swimmers must show coachability and good learning behaviours in and out of the water.
- Subject to coach discretion.

## Training 1

- Able to swim 50m of Freestyle, Backstroke and Breaststroke to a suitable standard without aid.
- Able to swim 200m continuous without stopping.
- Able to demonstrate a willingness to learn and develop.

