



Squad Criteria

Squad	Seals
Number in Squad	25
Entry Criteria	Completed stage seven of the National Plan (NPTS) or able to swim 25m competently in freestyle, backstroke and dolphin action.
Aim	Introduction to all stroke techniques, working towards stage 8 NPTS, achieve 2 stroke awards for backstroke, freestyle or breaststroke. Enter club championships.
Swims	1
Time	Monday 6.00 – 6.30pm (Term time only)

Squad	Dolphins
Number in Squad	30
Entry Criteria	Working towards stage 8 NPTS, achieved 2 stroke awards for backstroke, freestyle or breaststroke. Entering club championships.
Aim	Swim all strokes competently, completion of stage 9 NPTS, achieve 3 stroke awards on freestyle, backstroke and breaststroke. Able to perform a safe seated dive. Understand lane discipline. Enter Club championships.
Swims	1
Time	Saturday 1.00 – 2.00pm



Squad Criteria

Squad	Young Achievers	
Number in Squad	40	
Entry Criteria	Completed stage 9 NPTS. Good technique on all four strokes.	
Aim	Preparation for competitive swimming. Completion of stage 10 NPTS. Working toward competitive start award. Enter club championships and one open meet a year. Able to complete 700m on a T15	
Swims	2/3 per week	
Times	Sunday 12.30 – 2.00pm, Monday 6.00 – 7.00pm, Wednesday 07.00 – 08.00am, Friday 07.00 – 08.00am	

Squad	Seniors	
Number in Squad	40	
Entry Criteria	Completed stage 10 NPTS, able to complete 700m in a T15. Competent on all turns including IM. Able to swim all four strokes competently over 100m. Carries out correct lane discipline and concentrates in training.	
Aim	Build endurance and stamina whilst maintaining correct stroke technique. Complete a full session using pace clock. Gain competitive start award and achieve 3 speed awards (one gold or three silver two to be in different strokes). Enter a minimum of two open meets a year as well as club championships.	
Swims	3/4 per week plus land training Mon 6.30 to 6.50pm	
Time	Sunday 12.30 – 2.00pm, Monday 7.00 – 8.00pm, Wednesday 07.00 – 08.00am, Friday 07.00 – 08.00am For those swimmers achieving county times extra sessions will be made available.	



Squad Criteria

Squad	Elite
Number in Squad	40
Entry Criteria	Able to complete 1100m in a T20. Ability to cope with demanding training sessions on both technique and stamina. Working towards county times and attending 3 open meets per year. Have an understanding of resting and active heart rates as well as good knowledge of the nutritional needs of a swimmer.
Aim	Develop full potential. Further knowledge and understanding of LTAD.
Swims	4/5 per week plus land training Monday 7.30 to 7.50pm
Time	Sunday 12.30 – 2.00pm, Monday 8.00 - 9.30pm, Tuesday 8.00 – 9.30pm, Wednesday 07.00 – 8.00am, Friday 07.00 – 08.00am, Friday 7.30 – 8.30pm. For those swimmers achieving county or district times extra sessions will be made available.

Squad	Elite 1
Number in Squad	20
Entry Criteria	Age 11 years/over and achieved a minimum of two county or one district qualifying time. Attending all possible training sessions available. Have a goal of achieving National times.
Aim	Reach District or National standard. Maintain a personal log for swimming.
Swims	Minimum of 5 plus land training Monday 7.30 to 7.50pm
Time	Sunday 12.30 – 2.00pm, Monday 8.00 - 9.30pm, Tuesday 8.00 – 9.30pm, Wednesday 07.00 – 8.00am, Friday 07.00 – 08.00am, Friday 7.30 – 9.30pm. Extra sessions: Monday Kings School 5.45 – 7.30am, Wednesday Malvern College 7.00 – 9.00pm, Friday Kings School 5.45 – 7.30am.



Squad Criteria

Squad	Masters
Number in Squad	20
Entry Criteria	Regular pulse rate and the desire to improve
Aim	To maintain fitness and reach personal goals
Swims	2
Time	Tuesday 8.00 – 9.30pm, Friday 8.30 – 9.30pm Should a masters swimmer wish to compete for the club then providing that they carry out a CRB then they may have extra training with the Elite 1 squad.