

<b>PERFORMANCE</b>					
<b>ONE</b>	<b>TWO</b>	<b>THREE</b>	<b>FOUR</b>	<b>FIVE</b>	<b>SIX</b>
<b>COUNTY 13+</b>	<b>COUNTY 13+</b>	<b>COUNTY 13+</b>	<b>COUNTY 13+</b>	<b>COUNTY 13+</b>	<b>COUNTY 13+</b>
Monday 8-9.30pm Tuesday 8.30-9.30pm Wednesday 8.15-9.15pm Thursday 8.30-9.30pm Friday 8-9.30pm Sunday 12.30-2pm 7,5	Monday 8-9.30pm Tuesday 8.30-9.30pm Wednesday 8.15-9.15pm Thursday 8.30-9.30pm Friday 8-9.30pm 6	Monday 8-9.30pm 8.30-9.30 Tuesday Thursday 8.30-9.30pm Friday 8-9.30pm 5	Monday 8-9.30pm Wednesday 8.15-9.15 Friday 8-9.30pm 4	Tuesday 8.30-9.30pm Wednesday 8.15 – 9.15 Thursday 8.30-9.30pm 3	Monday 8-9.30pm Sunday 12.30 – 2pm 3
<b>THE BELOW APPLY TO ALL PERFORMANCE GROUPS</b>					
Swimmers will take care of and fill in a swim log. As a result, swimmers will have a good knowledge of their swim times.			County Times achieved in the previous year is a desire but focus and application at sessions will ensure entry into this squad.		
We expect to see swimmers once a week as a minimum requirement.			Swimmers will be considered to enter any of these groups for PERFORMANCE once they reach the age that they are aiming to achieve County 13 times.		
Swimmers should access extra session to support their swimming when provided for them.			Groups are selected based on swimmer availability. The level of training will also be considered whether all		
Pre-pool and Post pool time is allocated for swimmers to utilise if they wish to do so.			Swimmers should show their desire to achieve county times by entering Level 1-4 Open Meets throughout the swimming Calendar.		
Swimmers should always complete sessions to the best of their ability which allows all swimmers to do the same.			Swimmers should be prepared to represent the club at team galas if they were to be selected and enter Club Champs and Time Trials.		
<b>STROKE</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m / 1500m</b>
<b>FLY</b>	00:44.0	01:40.0	04:05.0		
<b>BACK</b>	00:42.0	01:35.0	03:10.0		
<b>BREAST</b>	00:48.0	01:50.0	03:35.0		
<b>FREE</b>	00:35.0	01:25.0	02:50.0	06:30.0	13:40.00 / 26:00.00
<b>IM</b>		01:35.0	03:20.0	07:00.0	

PLEASE CONSIDER THAT ALL ELEMENTS OF THE SQUAD CRITERIA ARE CONSIDERED FOR EACH GROUP AND IS NOT JUST BASED ON TIMES.  
 FURTHERMORE, SQUAD MOVES ARE SUBJECT TO SPACE IN EACH GROUP.  
 THE COACHES MAKE THE FINAL DECISION REGARDING SQUAD MOVES AND CONSIDER THE BEST GROUP FOR EACH INDIVIDUAL.

<b>DEVELOPMENT</b>				
<b>SEVEN</b>	<b>EIGHT</b>		<b>NINE</b>	<b>TEN</b>
<b>14+</b>	<b>13+</b>		<b>County 12-13</b>	<b>County 11 - 12</b>
Monday 8-9.30pm Tuesday 7-8.30pm Wednesday 8.15-9.15pm Thursday 7.30-9.30pm Friday 8-9.30pm Sunday 12.30-2pm 0	Monday 8-9.30pm Tuesday 7-8.30pm Thursday 7.30-9.30pm Friday 8-9.30pm Sunday 12.30-2pm 8	Monday 8-9.30pm Tuesday 8.30-9.30pm Thursday 7.30-9.30pm Friday 8-9.30pm Sunday 12.30-2pm 8	Monday 7-8pm Tuesday 7-8.30pm Thursday 7.30-8.30pm Friday 8-9.30pm Sunday 12.30-2pm 6.5	Monday 7-8pm Tuesday 7-8.30pm Thursday 7.30-8.30pm FRIDAY 7-8pm SUNDAY 12.30-2pm 6
Regional Qualifications	More than one County time & within 5-10% of a regional time		Qualifying for County Championships (lower age in group multiple times/ higher age in group should have at least one)	
Enter Level 1 Meets	Enter Level 1 & 2 meets when available		Entering L1-4 Open Meets regularly with an aspiration for achieving regional times	
Represent ESC	Swim for ESC when selected at team competitions		Swim for ESC when selected at team competitions	
Attendance should not drop below 50% within reason (including morning sessions). If this regular occurs an alternative group will be selected.				
Swimmers should attend land based sessions regularly.				
Swimmers should be conducting pre-pool and post-pool warm ups before and after each session (Mornings may be the only exception)				
Swimmers will take care of and fill in a swim log. As a result, swimmers will have a good knowledge of their swim times.				
Swimmers should consistently complete sets at each session. Regular failure to do so will result in a more appropriate group being selected.				
<b>SEE REGIONAL TIMES</b>			<b>SEE PERFORMANCE TIMES</b>	<b>ALL JUNIOR TIMES HAVE BEEN ACHIEVED</b>

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<b>JUNIORS</b>					
<b>ELEVEN</b>	<b>TWELVE</b>	<b>THIRTEEN</b>	<b>FOURTEEN</b>		
County 10 - 12	COUNTY 10 - 12	COUNTY 9 - 10	COUNTY 8 - 10		
Monday 7-8pm Tuesday 7-8.30pm FRIDAY 7-8pm SUNDAY 12.30-2pm 5	Monday 7-8pm Thursday 7.30-8.30pm Friday 7-8pm SUNDAY 12.30-2pm 4.5	Monday 6-7pm Friday 7-8pm Saturday 1-2pm 3	Monday 6-7pm Saturday 1-2pm 2		
			Working towards the below times		
Within 10% of County Times	Enter Club Champs and attend Time Trials				
Entering Open Meets regularly	Can do all 4 strokes legally, including fundamental skills required for competitive swimming				
Minimum 50% attendance	Entering Open Meets regularly to strive for County times (current or in the future)				
Swim at PGL and any other team galas that they are selected for					
Swimmers should attend land based sessions regularly.		Begin to learn land based exercises			
Swimmers will take care of and fill in a swim log. As a result, swimmers will have a good knowledge of their swim times.					
<b>STROKE</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m / 1500m</b>
<b>FLY</b>	01:05.0	02:22.0	05:00.0		
<b>BACK</b>	00:55.0	01:56.0	04:10.0		
<b>BREAST</b>	01:00.0	02:12.0	04:35.0		
<b>FREE</b>	00:48.0	01:44.0	04:50.0	08:05.0	16:45.00 / 30:00.00
<b>IM</b>		02:05.0	04:20.0		

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ACADEMY				
FIFTEEN	SIXTEEN	SEVENTEEN		
COUNTY 10 - 12	COUNTY 8 - 9	COUNTY 7 - 9		
Monday 6-7pm Saturday 1-2pm 2	Monday 6.30-7pm Saturday 1-2pm 1.5	Monday 6.30-7pm 0.5		
Should be achieving Junior Times				
Enter Club Champs and attend Time Trials				
Swimmers can do 3 out of 4 stroke legally				
Swimmers could enter Level 4 Meets				
STROKE	25m	50m	100m	200m
FLY	00:35.0	01:26.0		
BACK	00:30.0	01:10.0		
BREAST	00:38.0	01:24.0		
FREE	00:27.0	01:02.0	02:15.0	05:00.0
IM			03.00.0	

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SWIM FIT			MASTERS	
EIGHTEEN	NINETEEN	TWENTY	TWENTY ONE	TWENTY TWO
COUNTY 14+	COUNTY 13+	COUNTY 8+	18+	UNIVERSITY
Wednesday 8.15-9.15pm	Tuesday 8.30-9.30pm Friday 7-8pm 2	MORNINGS ONLY	Tuesday 8.30-9.30 Friday 8-9.30pm 2.5	All Performance Sessions through University Holidays <b>£5 per calendar month or £50 for the year</b>
Swimmers should always complete sessions to the best of their ability which allows all swimmers to do the same.			Swimmers should be able to swim 60 lengths (1500m) in 60 mins	PERFORMANCE standard and can perform to county level.
Swimmers should be prepared to represent the club at team galas if they were to be selected and enter Club Champs and Time Trials.				

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