



Selection Criteria for Club Squads 2018

Junior Development Squad (Saturday / Sunday Morden sessions) (This is called Pre-Club on diagram below)

- *Swimmers should be able to complete Stage 4 of the Swim England*
- *Learn to Swim Awards Programme.*
- *Continued regular attendance*
- *Listen, respect & encourage your fellow swimmers & coaches*

Junior Squad

- *Be at a minimum standard of Stage 6 of the Swim England Learn to Swim Awards Programme*
- *Continued regular attendance at sessions*
- *Listen, respect & encourage your fellow swimmers & coaches*
- *Make every effort to attend any Club Time Trials*
- *Swim in the Club Championships*
- *Make every effort to attend Club Galas when selected*

Junior Training Squad

- *Be at a minimum standard of Stage 7 of the Swim England Learn to Swim Awards Programme*
- *Swim 12 x 25m Freestyle on 35 sec swim & rest (reading pace clock)*
- *Continued regular attendance at sessions*
- *Listen, respect & encourage your fellow swimmers & coaches*
- *Make every effort to attend any Club Time Trials*
- *Swim in the Club Championships*
- *Make every effort to attend Club Galas when selected*

All selections will be made at the discretion of the Head Coach



Selection Criteria for Club Squads 2018

Senior Squads

Senior Potential Squad

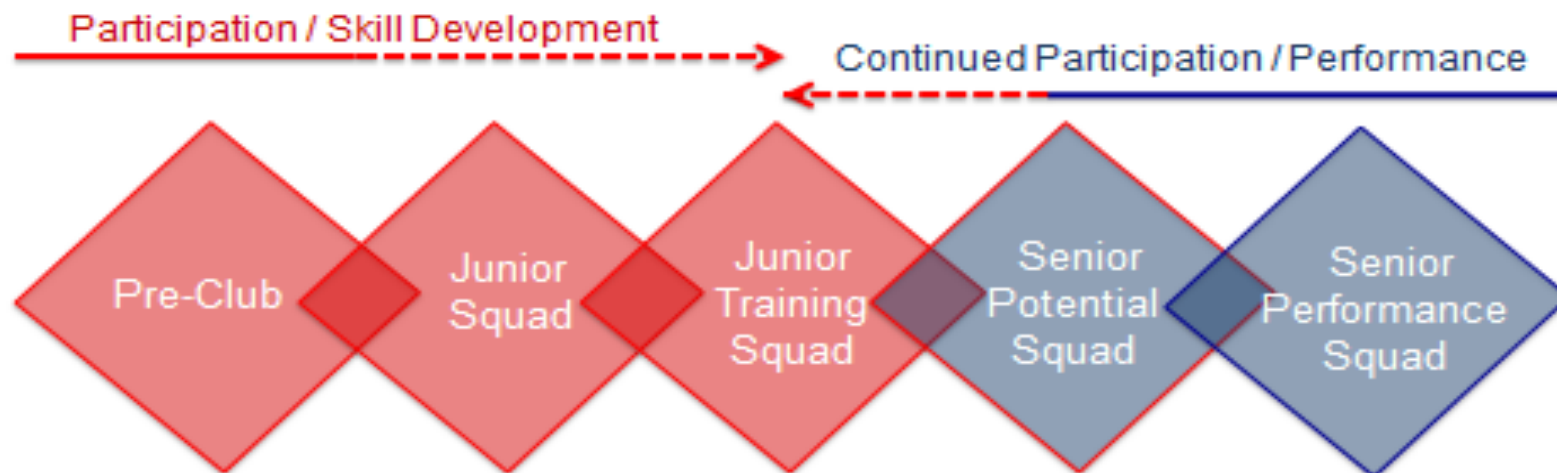
- *Be at a minimum standard of Stage 9 of the Swim England Learn to Swim Awards Programme*
- *Swim 20 x 25m Freestyle on 30 sec swim & rest (reading pace clock)*
- *Swim 200m in sub 3min 30 sec*
- *Continued regular attendance at sessions to remain in the squad*
- *Listen, respect & encourage your fellow swimmers & coaches*
- *Make every effort to attend any Club Time Trials*
- *Swim in the Club Championships*
- *Make every effort to attend Club Galas when selected*

Senior Performance Squad

- *Be at a minimum standard of Stage 10 of the Swim England Learn to Swim Awards Programme*
- *Achieved a sub 2min 50 sec 200m for Freestyle or swam within 5% of Surrey age group time for 50m on No. 1 stroke*
- *Continued regular attendance at sessions*
- *Listen, respect & encourage your fellow swimmers & coaches*
- *Make every effort to attend any Club Time Trials*
- *Swim in the Club Championships*
- *Make every effort to attend Club Galas when selected*
- *Swimmers of 16 years or older can remain in the Podium Squad as long as they swim at least once a week & they can still swim sub 3min for 200m Freestyle*

All selections will be made at the discretion of the Head Coach

WDSC Swimmer Pathway





Selection Criteria for Club Squads 2018

- *The new criteria & clearer club pathway allows swimmers & parents/carers to understand how progression can be made at the club, giving individuals more of a purpose & desire to improve themselves as athletes.*
- *This new structure is not meant to replace the existing values of the club, which allows both individuals to be social & competitive swimmers, (especially important for the retention of over 16 year olds) but to enhance & develop swimmers in a more challenging environment, the Pathway diagram hopefully helps to explain this.*
- *The benefits of this restructure gives a stronger definition to all the Squads & gives greater direction, desire & sense of belonging to the club for swimmers & coaches alike.*
- *With the introduction of the Saturday Morden session, the new Pre-Club & Junior squads will swim here from 5-6pm on Saturday 20th January.*
- *The new Junior Training Squad will swim at Latimer Rd from 4.30pm – 6pm (30min overlap) with the Senior Squads swimming 5.30-7pm with an option of an earlier start depending on Junior attendance .This will give swimmers & coaches extra pool time for skill development & allow Juniors exposure to swimming for a short time with the Senior Squads on a regular basis.*
- *The senior squads will continue to swim together but will be divided into Potential & Performance squads following a 200m Time Trial on Wednesday 31st January allowing swimmers time to regain fitness after the festive break.*
- *Dividing the senior squads by name allows greater competition for those who have the desire to train & compete at a higher level allowing swimmers to really challenge themselves.*