

# A SQUAD:

The coaching team have decided that the newly formed squad structure within the club requires the criteria for each squad to be updated from next season commencing September 2009

The coaches will use each Criteria to enable them to decide which squads each swimmer will swim / train in  
The qualifying period will be from September 2009 to end of June 2010. Within this time scale the coaching team will continually assess swimmers within this period and opportunities to achieve entry times to galas (see list) will be given. Attendance will be monitored and recorded and will be part of the decision making process.

## SQUAD LANES 1 - 3 CRITERIA:



All swimmers must be a competing 10 year old and above

All swimmers must be able to achieve at minimum 2 Northwest qualifying times. Please note 50m times will not be considered

All swimmers must attend a minimum of 6 sessions per week with Saturday morning water & land work being compulsory

All swimmers must compete in team & open competitions agreed by the Head Coach or the management team

All swimmers must have all round technical abilities and skills. The coaches will continue to look for good attitude and the ability to cope with the training demands of the squad

All swimmers must keep log books up to date and submit them to the coach at the end of every month for marking

All squad movement and entry acceptance is at the Chief Coaches discretion

## A SQUAD COACHES:

STEVE HEAPS (HEAD COACH)

MICHAEL WILSON

PAUL DAVISON

---

## SQUAD LANES 4 - 6 CRITERIA:

All swimmers must be a competing 10 year to 13 years of age

All swimmers must be able to achieve at minimum of 1 Northwest regional time. Please note 50m times will not be considered

All swimmers must attend a minimum of 5 sessions per week with Saturday morning water & land work being compulsory

All swimmers must compete in team & open competitions agreed by the Head Coach or the management team

All swimmers must have all round technical abilities and skills. The coaches will continue to look for good attitude and the ability to cope with the training demands of the squad

All swimmers must keep log books up to date and submit them to the coach at the end of every month for marking

All squad movement and entry acceptance is at the Chief Coaches discretion

## A SQUAD COACHES:

IAN LAURENCE

STUART CUTLER

MICHAEL WILSON



# C SQUAD



## SQUAD SELECTION CRITERIA

The coaching team has decided that the squad selection criteria for C Squad will remain the same as last season, apart from 1 slight change. The Saturday session will now form part of the register & therefore count towards the total monthly attendance figures. The criteria will come into effect at the start of the 2009 - 2010 season. This will commence on Tuesday 1st September 2009. The Coaches will use each criteria to enable them decide which squad each individual swimmer will train in. The qualifying period will be from 1st September 2009 to the middle of February 2010. Within this time scale the coaching team will continually assess swimmers and opportunities to achieve entry times, to galas will be given. Failure to comply with any of the criteria points for this squad could jeopardise your place.

- All swimmers must be competing 8yr old to 12yr old (age as at 30/11/??)
- All swimmers must be able to achieve at minimum 1 Lancashire qualifying time
- All swimmers must attend a minimum of 80% of each monthly allocated training sessions
- All swimmers must compete in team & open competitions agreed by the Head Coach and/or the management team
- All swimmers must have all round technical abilities and skills. The coaching team continue to look for good attitude and the ability to cope with the training demands of the squad
- All swimmers must keep their log books up to date and be submitted to the coach on the first training session of each month for marking - (as with the attendance these criteria will be very closely monitored)
- All squad movement and entry acceptance is at the Head Coaches and coaching team's discretion

## C SQUAD COACHES:

STUART CUTLER

JULIE JACKSON

MICHAEL WILSON



# D SQUAD



## SQUAD SELECTION CRITERIA

The coaching team has decided that the squad selection criteria for D Squad will remain the same as last season, apart from 1 slight change. The Saturday session will now form part of the register & therefore count towards the total monthly attendance figures. The criteria will come into effect at the start of the 2009 - 2010 season. This will commence on Tuesday 1st September 2009. The Coaches will use each criteria to enable them decide which squad each individual swimmer will train in. The qualifying period will be from 1st September 2009 to the middle of February 2010. Within this time scale the coaching team will continually assess swimmers and opportunities to achieve entry times, to galas will be given. Failure to comply with any of the criteria points for this squad could jeopardise your place.

## D SQUAD CRITERIA.

- All swimmers must be competing 7yr old to 11yr old (age as at 30/11/??)
- All swimmers (9+yrs) must be able to achieve at minimum 2 North Lancashire qualifying times
- All swimmers must attend a minimum of 80% of each monthly allocated training sessions
- All swimmers must compete in team and open competitions agreed by the head coach and/or the management team
- All swimmers must have all round technical abilities and skills. The coaching team continue to look for good attitude and the ability to cope with the training demands of the squad
- All swimmers must keep their log books up to date and be submitted to the coach on the first training session of each month for marking - (as with the attendance these criteria will be very closely monitored)
- All squad movement and entry acceptance is at the Head Coaches and coaching teams discretion

## D SQUAD COACHES:

IAN LAURENCE (LEAD COACH)

SUE PENRITH

# MDS

## MDS CRITERIA

This is the first of the competitive development squads. This group is linked very closely with the Teaching Programme and the Swimming Squads. All young swimmers should be aiming to be in LEVEL 5 between the ages of 7 - 9. The emphasis is very much on Stroke Technique & Competitive Skills, such as Competitive Turns, Competitive Starts, & Relay Change-Over's. All Swimmers in LEVEL 5 are expected to attend a minimum of 75% of maximum monthly attendance.



## MDS COACHES:

IAN PARKER

JULIE JACKSON