



## **CDS Aims and Objectives and Commitment, Selection, Exit and Movement Criteria**

Having satisfied all of the criteria does not mean automatic acceptance or continual selection into the County Development Squad and all squad selection is at the CDS coach's discretion. Consultation may be sought from other sources e.g. Satellite club coach, COLSC head coach.

### **Aims:**

- Provide the opportunity for BAGCAT swimmers within the County to gain positive experiences by learning and training together.
- To complement the swimmers Satellite Club training programmes.
- To place Swimmers in Regional / County competitions, finals and achieve medals
- To place Swimmers on Regional/County Programmes

Above all else swimmers, parents and coaches shall all comply with the CDS Code of Conduct, Anti-Bullying Policy, Equity Policy and Charters and at all times conduct themselves to the highest of standards.

### **Objectives**

The CDS objectives are to provide an environment where each swimmer can

- Develop technique on all four strokes
- Develop the technical and mental skills required to assist and improve performance
- Improve basic conditioning
- Development of individual medley skills
- Development of basic speed
- Participate in an appropriate competition plan
- Develop knowledge relating to basic swimming mechanics
- Maintain and development appropriate behaviour and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

## **Commitment Criteria**

Each swimmer in the CDS is expected to meet as a minimum the following training and competition commitment criteria

- Swimmers must have a positive attitude towards training and competition and arrive on poolside in good time and fully prepared.
- Consistently maintain CDS training commitment with the aim of 90% attendance or above.
- Consistently maintain satellite club training commitment
- Continuously look to improve all round technical abilities and skills
- Keep an up to date log book
- Provide log book to CDS coach at first training session of each month or when requested
- Show demonstrable progress towards achieving the CDS objectives
- Shall wear CDS branded clothing / kit whilst representing CDS at all CDS designated competitions / meets
- Shall be punctual for all competition sessions
- Be considerate of CDS members and other swimmers at all times
- Strive to maintain and improve the minimum CDS entry criteria
- Swimmers must compete in competitions/meets directed by the CDS Coach

NB: It is expected that swimmers will compete, unless injured or seriously ill, in all CDS designated competitions / meets. Failure to meet this specific commitment may lead to your immediate removal from the CDS at the CDS coach's sole discretion.

## **Selection Criteria**

- A minimum of two CDS Entry Times, as set out in the table below, which must be achieved in a licensed meet (i.e. Regional, County or Open), ASA or LASA organised time trials, league or inter club competitions
- Competed in Leicestershire County Championships / Licensed Open Meet(s)
- Consistently maintain CDS training competition commitment (once in the squad)
- All swimmers for initial selection must be between 9 years and 11 years for the girls and 12 years for boys. The age is based upon their age as at the final day of the ASA East Midlands Region "Age Group Championships", which are held in June of each year
- Be fully committed to CDS aims and objectives (once in the squad)
- Must be a fully paid member of a Leicestershire satellite club. For the purposes of meeting this criteria the COLSC is not a satellite club
- Consistently maintain satellite club's training squad criteria (letter from club required)
- Maintain an up to date log book
- Completed and signed CDS application form
- Signed and returned the "agreement form" confirming receipt and compliance with CDS policies

In August of each year all places in the CDS shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swim year i.e. September to August, for the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next years CDS.

In the event that a swimmer in the CDS has had an injury or prolonged illness that has affected their ability to maintain the entry or commitment criteria the swimmers place in the squad may, at the sole discretion of the CDS coach, who will act reasonably based upon the circumstances, be retained for the following season. The CDS coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

NB: Swimmers must strive to progress to the COLSC Age Group Squads standard entry times or the LASA Youth Development Squad Selection Criteria which should normally be achieved by the time they reach 11 years for females and 12 years for males age as at final day of the ASA regional “Age group” championships. However if a CURRENT swimmer in the CDS is showing demonstrable progress towards either of these standard entry criteria, and training space permits, the following concessions for retention in the CDS may be granted at the CDS Coaches discretion:

- Females can be given to end of season swimming 12 years at Regional Bagcats
- Males can be given to the end of season swimming 13 years at Regional Bagcats

<b>MALE</b>					<b>FEMALE</b>		
<b>Age as at Regional Age Champs</b>					<b>Age as at Regional Age</b>		
9yrs	10yrs	11yrs	12yrs		9yrs	10yrs	11yrs
				50m Free			
1:28.7	1:20.3	1:15.6	1:10.9	100m Free	1:30.2	1:22.0	1:16.3
3:09.7	2:53.4	2:43.8	2:34.3	200m Free	3:11.8	2:54.7	2:44.2
6:52.3	6:05.5	5:42.4	5:23.6	400m Free	6:59.1	6:10.3	5:41.8
14:24.7	13:00.2	12:05.6	11:19.2	800m Free	14:23.6	13:11.8	11:46.7
27:21.2	25:04.5	23:06.1	21:20.0	1500m Free	27:46.4	25:27.8	22:43.6
1:56.2	1:44.8	1:37.3	1:31.0	100m Breast	1:57.0	1:45.7	1:37.2
4:02.2	3:44.0	3:28.9	3:16.5	200m Breast	4:04.8	3:44.7	3:28.6
1:47.3	1:33.1	1:25.1	1:19.6	100m Fly	1:48.6	1:33.2	1:25.4
3:53.6	3:23.8	3:06.2	2:55.4	200m Fly	3:57.5	3:26.7	3:08.1
1:40.3	1:31.8	1:25.0	1:20.1	100m Back	1:42.3	1:32.3	1:25.4
3:30.1	3:13.6	3:01.6	2:51.3	200m Back	3:32.5	3:15.5	3:00.6
3:35.1	3:18.4	3:05.5	2:55.1	200m IM	3:37.5	3:19.1	3:05.5
7:43.9	7:06.7	6:33.4	6:09.5	400m IM	7:42.4	7:06.4	6:31.0

These times form part of the CDS entry/ongoing criteria and will be revised annually.

### **Movement Criteria**

Movement from the CDS will be to either the COLSC Age Group Squads or LASA Youth Development Squad.

Movement to the COLSC will be dependent upon

- Attaining the relevant COLSC entry times as published by COLSC
- Having consistently maintained CDS and satellite club training commitments
- Having made demonstrable progress towards CDS aims and objectives
- Having maintained an up to date log book

Movement to the LASA Youth Development Squad will be dependent upon

- Being over the age of 11/12 for the girls and 12/13 for boys as at the final day of the ASA East Midlands Region “Age Group Championships” in the current swim year
- Attaining the relevant LASA Youth Development Squad entry criteria
- Having consistently maintained CDS and satellite club training commitments
- Having made demonstrable progress towards CDS aims and objectives
- Having maintained an up to date log book

### **Exit Criteria**

A swimmer will be asked to leave the CDS if they

- fail to observe the CDS Code of Conduct, Anti-Bullying Policy, Equity Policy and Charters
- fail to meet the CDS Aims and Objectives
- fail to meet the minimum CDS training and competition commitment and selection criteria
- having turned 11/12 years for the girls and 12/13 for boys as at the date of the next ASA Midlands Regional Age Group Championships, swimmers will be asked to make way for new swimmers by returning to their satellite club, after they have competed in the current year’s competition, IF they do not have COLSC Standard entry times or meet the LASA Youth Development squad entry criteria.

A swimmers place is always under review and a swimmer can be asked to return to their satellite club at any time throughout the year. At the CDS coach’s sole discretion a swimmer may be given one warning to improve, but this is not guaranteed. Any concerns relating to a swimmer will be discussed with the swimmer in the presence of their guardian/parent. Failure to meet any improvement targets by the dates set by the CDS coach and the swimmer will be asked to return to their satellite club.

Expulsion from the CDS for any reason will prohibit access to the COLSC or LASA Youth Development Squad in this or any future years unless the reason is based on the swimmers age and/or the swimmer can prove to the relevant coach that there has been a demonstrable improvement in the relevant area; the coach’s decision will be final.

Please sign and date the CDS Agreement to say you have read and understood the above CDS Aims and Objectives and Commitment, Selection, Exit and Movement Criteria.

