



COUNTY DEVELOPMENT SQUAD -details and criteria

Swimmer, parents, committee members and coaches are all expected to comply with County Development Squads Code of Conduct and at all times conduct and behave to the highest standards.

AIMS:

Provide the opportunity for Age Group swimmers (9-12 boys 9-11 girls) within the County to:

- Gain positive experiences by learning and training together.
- Compliment the swimmers Satellite Club training programmes.
- Swimmers in Regional / County finals and achieve medals
- Swimmers on County Programmes

OBJECTIVES:

- Develop technique on all four strokes.
- Development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Development of Individual Medley skills.
- Development of basic speed.
- Develop & implement appropriate competition plan.
- Knowledge relating to basic swimming mechanics.
- Development of appropriate behaviour and responsibilities within a training and group environment.
- Develop greater individual responsibility for swimming commitment and performance.

COMMITMENT CRITERIA

- Swimmers must compete only in competitions/meets directed by the County Development Coach **(If a swimmer enters any competitions/meets outside the squads competition plan the swimmer shall enter such competitions/meets in the name of their Satellite Club)** Swimmers must wear County Development Squad branded clothing/kit, whilst competing/representing the County Development Squad.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the County Development, Satellite Club commitment.
- Swimmers must show demonstrable progress towards achieving the County Development Squad Objectives.
- Swimmers must maintain two Development Squad entry times relevant to their age.
- Having all of the above does not mean automatic selection.

Swimmers must strive to progress to the County Talent Squad which should normally be achieved by the time they reach 11 years for females and 12 years for males, but provided the swimmer is showing demonstrable progress towards the County Talent Squad standard and training space permits the following concessions may be granted at the COLSC Head Coaches and County Development Coaches discretion:

- Females will be given to end of season swimming 12 yrs at Midland Age Group Championships
- Males will be given to the end of season swimming 13 yrs at Midland Age Group Championships

ENTRY CRITERIA

All swimmers must have: 2 County Development Squad Entry Times (age at Midland Age Group champs)
 Competed in County Championships/Licensed Meets where their age permits
 Fully complied with satellite squad criteria
 Signed, dated and returned the County Talent Squad agreement form by the date stated.

The County Development Squad Entry Times must be achieved by the Midland Age Group Championships (of the championships preceding the September entry). At the Development coaches discretion a swimmer may be retained/invited if they fail to reach this standard entry criterion by the time of the Midland Age group Championships but manage to reach entry times by the last meet of the season. This concession will NOT be granted where attendance is below acceptable levels for avoidable reasons or where the space is required by another swimmer moving up the talent pathway.

All swimmers must be a paid up member of a Leicestershire Satellite Swimming Club.

Swimmers will be aged:	Female	9 – 11 years as at Midland Age Group Championships
	Male	9 - 12 years as at Midland Age Group Championship

EXIT CRITERIA

- Unable to attain/maintain the relevant County Talent Squad Entry Times at ages: female 11yrs (discretionary 12), male 12yrs (discretionary 13). Ages as at Midland Age Group Championships.
- Consistently unable to maintain the County Development Squad commitment criteria and/or Satellite Club training commitment.
- Showing no demonstrable progress towards achieving the County Development Squad Objectives.
- Return to your Satellite Club as directed by the LASA County Development Coach
- Exit months are December & August in each competition season.

MOVEMENT CRITERIA

- Swimmers can be moved into other County or COLSC squad's dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the County Development Coach and all squad coaches will work together to ensure the best planning for the individual swimmer (please see the relevant squads entry criteria)
- A swimmer can be asked to leave the squad at anytime because they do not meet/maintain the "Entry / Commitment Criteria" although formal reviews will be undertaken in December & August in each competition season.

LASA COUNTY DEVELOPMENT SQUAD ENTRY CRITERIA 2010

MALE					FEMALE		
Age as at Regional Age Champs					Age as at Regional Age		
9yrs	10yrs	11yrs	12yrs		9yrs	10yrs	11yrs
				50m Free			
1:27.6	1:19.0	1:14.4	1:09.9	100m Free	1:29.0	1:20.8	1:15.2
3:06.9	2:50.9	2:41.4	2:32.1	200m Free	3:09.1	2:52.1	2:42.0
6:46.6	5:59.8	5:37.3	5:19.1	400m Free	6:53.4	6:04.9	5:36.9
14:12.7	12:48.4	11:55.2	11:09.7	800m Free	14:11.8	13:00.8	11:36.4
26:58.3	24:40.7	22:45.7	21:01.3	1500m Free	27:23.5	25:06.5	22:23.8
1:54.7	1:43.2	1:35.8	1:29.7	100m Breast	1:55.4	1:44.1	1:35.9
3:58.6	3:40.8	3:25.9	3:13.7	200m Breast	4:01.4	3:41.4	3:25.8
1:45.8	1:31.7	1:23.9	1:18.4	100m Fly	1:47.2	1:31.9	1:24.3
3:50.6	3:20.9	3:03.8	2:53.0	200m Fly	3:54.5	3:23.8	3:05.6
1:38.8	1:30.5	1:23.9	1:19.0	100m Back	1:41.0	1:31.0	1:24.2
3:27.1	3:10.7	2:58.9	2:48.9	200m Back	3:29.5	3:12.7	2:58.2
3:31.8	3:15.5	3:02.8	2:52.6	200m IM	3:34.3	3:16.2	3:02.9
7:38.0	7:00.3	6:27.8	6:04.4	400m IM	7:35.9	7:00.3	6:25.8

These times form part of the County Development Squad entry/ongoing criteria and will be revised annually. Times to be achieved in National, Regional, Open Meets, County Championships, League or Inter Club Competitions including the mini meet series run by LASA. No Time Trials. Swimmers are required to obtain and maintain a minimum of two of the above entry times.

COUNTY TALENT SQUAD-details and criteria

Swimmer, parents, committee members and coaches are all expected to comply with County Squads Code of Conduct and at all times conduct and behave to the highest standards.

AIMS:

Provide the opportunity for Age Group swimmers (11-13 females, 11 -14 males) within the County to:

- Gain positive experiences by learning and training together.
- Swimmers in Regional / County finals and achieve medals.
- Swimmers on Regional and County Programmes.

OBJECTIVES:

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

- Improve and further develop technical skill on all four strokes
- Improvement and development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Improve and develop Individual Medley skills.
- Improve and develop basic speed.
- Develop & implement appropriate competition plan.
- Knowledge relating to basic swimming mechanics.
- Improve and develop appropriate behaviour and responsibilities within a training and group environment.
- Improve and develop greater individual responsibility for swimming commitment and performance.

COMMITMENT CRITERIA:

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

- All swimmers must fulfil a minimum of 5 pool & 2 land training sessions per week (Or the minimum specified by the County Development Coach to each individual).
- Attendance must be a minimum of 90% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the County Development Coach
- Swimmers must wear County Talent Squad branded clothing/kit, whilst competing/representing the County Talent Squad. **(If a swimmer enters any competitions/meets outside the squads competition plan the swimmer shall enter such competitions/meets in the name of their Satellite Club)**
- All swimmers must compete in all National and Regional Championships in which they qualify unless instructed otherwise by the County Development Coach
- Swimmers must maintain ONE standard entry time (see table below)
- Swimmers must have competent all round technical abilities and skills.
- During exam periods, swimmers must discuss and agree a minimum training commitment..
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the County Agreement Form by the date stated.
- Be considerate of County and COLSC members and other swimmers at all times
- Strive to maintain and improve the minimum Squad entry criteria
- Show demonstrable progress towards achieving the Squad objectives

From June of each year all places in the County Talent squad shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season 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 year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria, the swimmers place in the squad may, at the discretion of the County Development Coach, who will act reasonably based upon the circumstances, be retained. The County Development Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place and this will be reviewed at a given time.

ENTRY CRITERIA

- A minimum of ONE standard entry time, which must be swam in a licensed meet (i.e. National, Regional, County Champs or an Open meet). The squad entry times must be achieved by the Midland Age Group Championships. At the Development coaches discretion a swimmer may be retained if they fail to reach this squad entry time criterion by the time of the Midland Age group Championships but manage to reach entry times by the last meet of the season. This concession will NOT be granted where attendance is below acceptable levels for avoidable reasons or where the space is required by another swimmer moving up the talent pathway.
- Consistently maintained previous County Development/Talent squad training/competition commitment.
- Fully complied with previous County Development squad criteria and/or Satellite Club criteria.
- All swimmers must be 11yrs and over. The age is based upon their age as at the final day of the ASA Midlands Region "Age Group Championships", which are held in June of each year
- Be fully committed to County Talent Squad aims and objectives.
- Must be fully paid member of a Leicestershire satellite club
- Maintain an up to date log book
- Signed and return the "Agreement form" confirming receipt of County Talent Squad Policies and Guidelines, Charters, Code of Conduct, Equity Statement, Constitution and Anti – Bullying Policy.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the County Talent squad and all squad placement and movement is at the County Development Coaches discretion. However if swimmer numbers exceed places in any given swim year advice may be sought from the COLSC Head Coach on final selection for the squad.

EXIT CRITERIA

- Unable to attain the relevant Standard Entry Times.
- Consistently unable to maintain the County Talent Squad training commitment.
- Consistently unable to maintain the County Talent Squad competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Return to your Satellite Club as directed by the County Development Coach.
- A swimmer can be asked to leave the squad at anytime because they do not meet/maintain the "Entry / Commitment Criteria" although formal reviews will be undertaken in December & August in each competition season.

MOVEMENT CRITERIA

- Swimmers can be moved into other County or COLSC squad's dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the County Talent Coach and all squad

coaches will work together to ensure the best planning for the individual swimmer (please see the relevant squads entry criteria)

- Movements will usually be arranged on review at the end of each season and will be organized for the September of the following season

Standard Entry criteria

	MALE						FEMALE		
	Age as at Regional Age Champs						Age as at Regional Age		
10 years	11 years	12 years	13 years	14yrs		10 years	11 years	12 years	13 years
					50m Free				
-	1.10.6	1.05.9	1.02.3	59.7	100m Free	-	1.11.0	1.07.2	1.05.2
2.44.3	2.33.3	2.23.3	2.15.7	2.10.1	200m Free	2.43.4	2.32.8	2.24.6	2.19.9
5.42.9	5.20.5	5.00.4	4.45.9	4.35.2	400m Free	5.46.6	5.17.6	5.00.9	4.51.8
-	-	10.15.5	9.44.2	9.24.0	800m Free	-	10.41.8	10.08.4	9.46.2
-	-	19.20.8	18.27.0	17.49.5	1500m Free	-	20.40.3	19.35.8	18.52.9
-	1.30.9	1.24.9	1.19.4	1.15.8	100m Breast	-	1.30.8	1.25.7	1.22.1
3.32.4	3.18.0	3.03.2	2.52.1	2.43.9	200m Breast	3.31.1	3.14.7	3.04.0	2.56.2
-	1.19.7	1.14.1	1.09.6	1.06.2	100m Fly	-	1.19.7	1.14.7	1.12.3
3.13.3	2.56.5	2.43.6	2.34.0	2.26.7	200m Fly	3.15.5	2.55.6	2.44.2	2.37.8
-	1.19.6	1.14.7	1.10.2	1.06.8	100m Back	-	1.19.6	1.15.0	1.12.3
3.03.0	2.51.7	2.39.6	2.30.6	2.23.6	200m Back	3.03.5	2.48.3	2.39.7	2.34.8
3.07.7	2.55.3	2.43.0	2.34.6	2.26.9	200m IM	3.06.4	2.52.6	2.43.6	2.38.5
6.38.7	6.06.4	5.43.7	5.26.7	5.11.4	400m IM	6.37.3	6.04.3	5.44.1	5.31.9

These times form part of the County Talent Squad entry/ongoing criteria and will be revised annually. Times to be achieved in National, Regional, licensed Meets or County Championships. No Time Trials. Swimmers are required to obtain and maintain a minimum of ONE of the above entry times.

SENIOR TALENT SQUAD

AIM, OBJECTIVES, ENTRY AND EXIT CRITERIA

All swimmer, parents, committee members and coaches are expected to comply with County Squads Code of Conduct and at all times conduct and behave to the highest standards.

AIMS OF THE SQUAD:

Provide the opportunity for senior (14 + females, 15 + males) swimmers within the County to:

- Gain positive experiences by learning and training together.
- To make Regional / County championships with potential to reach finals and medal.
- Provide “top up” training to the swimmers base club to enhance the swimmers best chances of gaining Midland / National / CoLSC entry times. Be a stepping stone into the CoLSC squads if a swimmer has not previously achieved the CoLSC entry criteria.
- Allow swimmers who are achieving Midlands or National Qualification times who cannot commit to the CoLSC squad criteria

Note CoLSC have committed to provide swimmers with further “top up” training if the swimmer is prepared to meet attendance / commitment criteria agreed with CoLSC for their particular circumstances.

OBJECTIVES:

The Senior Talent Squads objectives are to provide an environment where each swimmer can:

- Improve and further develop technical skill on all four strokes.
- Improve and develop of mental skills required to assist and improve performance.
- Improve aerobic endurance and race skills.
- Improve and develop stroke skills in particular in number 1 stroke.
- Improve and develop basic speed.
- Develop & implement appropriate competition plan.
- Improve and develop appropriate behaviour and responsibilities within a training and group environment.
- Provide an environment that promotes greater individual responsibility for swimming commitment and performance.

ENTRY CRITERIA

In June of each year all places in the Senior Talent Squad shall be reassessed and only those swimmers continuing to meet the entry criteria shall be offered a place for the next swimming season 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 next year's squad.

- A minimum of **ONE** entry time, which must be swum in a licensed meet (i.e. National, Regional, County Champs or an Open meet). The squad entry times must be achieved by the closing date for the Midlands Championships (for their respective age) in May / June of each year.
- Have been consistently maintaining Senior Talent squad training and competition criteria.
- All swimmers shall be 14yrs (girls) and 15yrs (boys) and over. The age is based upon the swimmers age as at the final day of the Midlands Championships, which are held in May / June of each year.
- Be fully committed to the Senior Talent Squad aims and objectives.
- Must be fully paid member of a Leicestershire satellite club and training/competing with them.
- Maintain an up to date log book

- Signed and return the “Agreement form” confirming receipt of Senior Talent Squad Aim, Objectives, Entry and Exit criteria, Charters, Code of Conduct, Equity Statement and Anti – Bullying Policy.
- At the sole discretion of the Squad Coach a swimmer may be able to retain their position in the Squad if they fail to reach a Squad entry time by the time of the Midlands Championships, provided they have achieved it by 31st July at a licensed open meet. This concession will NOT be granted where training and competition attendance is below acceptable levels, for avoidable reasons, or where the place is required by another swimmer that meets all the entry criteria.

Having satisfied all of the above entry criteria does not mean automatic acceptance or continual selection into the Senior Talent Squad. The Squad Coach will review each swimmer achieving the Entry Criteria and, at the sole discretion of the Squad Coach, decide which swimmers shall be allowed into / retained within the Senior Talent Squad. All decisions made by the Squad Coach will be based on the swimmer meeting their previous years Squad commitment criteria, the number of squad places available and the number of swimmers meeting the criteria. Except as otherwise allowed for under the last paragraph of the Commitment Criteria swimmers will not be retained in the Senior Talent Squad if they do not have an Entry Time.

ENTRY TIMES

MALE				FEMALE		
15 years	16 years	17+ years		14 years	15 years	16 + years
Age as at Midland Championships - May / June in relevant year						
27.0	26.4	26.1	50m Free	29.9	29.4	29.1
58.9	57.6	56.9	100m Free	1.04.6	1.03.8	1.03.0
2.10.5	2.07.4	2.05.9	200m Free	2.21.6	2.19.5	2.18.0
4.35.9	4.30.1	4.25.7	400m Free	4.56.0	4.45.6	4.49.2
			800m Free	9.59.9	9.55.1	9.50.5
18.07.7	17.43.1	17.30.5	1500m Free			
34.4	33.5	33.1	50m Breast	38.0	37.3	37.0
1.15.3	1.13.3	1.12.2	100m Breast	1.22.0	1.21.0	1.20.5
2.43.5	2.39.8	2.36.7	200m Breast	2.57.1	2.54.9	2.53.7
29.6	29.1	28.5	50m Fly	32.8	32.2	32.0
1.05.7	1.04.4	1.03.1	100m Fly	1.12.4	1.11.6	1.10.8
2.24.4	2.22.0	2.18.4	200m Fly	2.38.3	2.35.3	2.34.0
31.1	30.0	29.8	50m Back	34.0	33.6	33.2
1.06.6	1.04.9	1.03.8	100m Back	1.13.1	1.11.7	1.11.1
2.23.4	2.20.2	2.15.8	200m Back	2.36.3	2.36.0	2.31.6
2.26.9	2.23.9	2.21.7	200m IM	2.39.8	2.37.4	2.36.0
5.10.6	5.04.2	4.59.9	400m IM	5.35.4	5.30.5	5.27.0

COMMITMENT CRITERIA:

Each swimmer is expected to meet the following minimum training and competition commitment criteria:

- All swimmers must fulfil a minimum of 3 pool & 1 land training sessions per week plus in addition to their base club sessions. **It is expected that a swimmer will be participate in 4/5 pool training sessions and 1 land training session per week. The squad coach may liaise with the base club to ensure additional sessions are being swum.**
- Attendance must be a minimum of 90% for the season. **A swimmers position within the squad shall be reviewed continuously and if at any time attendance is below the acceptable minimum the swimmer will be notified and their position in the squad may be withdrawn if the required improvement does not take place.**
- Swimmers shall compete under the name of CoLSC in competitions/meets as set out in the Squads competition plan. **Failure to compete in the competitions/meets set out in the squads competition plan will be considered when allowing a swimmer to continue training with the squad.**
- Swimmers must wear Senior Talent Squad branded clothing/kit, whilst competing/representing the Senior Talent Squad. **If a swimmer enters any competitions/meets outside the squads competition plan the swimmer shall enter such competitions/meets in the name of their satellite club and follow any club rules relating to clothing/kit.**
- All swimmers must compete in all County, National and Regional Championships in which they qualify unless instructed otherwise agreed by / with the squad coach.
- All swimmers if selected for the a County team shall swim in that team. All County galas will be shown in the Senior Talent Squad competition plan.
- Swimmers must maintain ONE entry time.
- During exam periods, swimmers must discuss and agree a minimum training commitment, with the squad coach, which will be agreed in conjunction with base club.
- Swimmers must have competent all round technical abilities and skills
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, date and return the Senior County Agreement Form by the date stated in the invitation letter.
- Be considerate of ALL Swimmers at all times.
- Strive to maintain and improve upon the minimum Squad entry criteria
- Show demonstrable progress towards achieving the Squad objectives

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria, the swimmers place in the squad may, at the sole discretion of the Squad Coach, who will act reasonably based upon the circumstances, be able to retain their place in the Senior Talent Squad. The Squad Coach will be able to specify the terms of any agreement in writing which must be met, in order to retain their place in the Squad and this will be reviewed as advised by the Squad Coach.

MOVEMENT CRITERIA

Notwithstanding the a swimming moving out of the Senior Talent Squad in accordance with the exit criteria movement from the Senior Talent Squad will either be into CoLSC or a return the swimmers base Club and will generally occur at the start of each new swim year in September.

EXIT CRITERIA

In addition to all places becoming vacant on the Senior Talent Squad in June of each year a formal review will also be undertaken in December of each year. This review will assess the commitment of each Squad member in meeting the Squads commitment criteria. If a swimmer is not meeting the required standard of training and competition commitment, a meeting will be held with the swimmer (accompanied for anyone under 18.) The level of improvement required will be specified and confirmed in writing. If this is not met within the agreed timescale a swimmer may be asked to leave the Squad.

The general exit criteria are as follows:

- Unable to attain the relevant Entry Time for their age group in the relevant year.
- Consistently unable to maintain the Senior Talent Squad training commitment.

- Consistently unable to maintain the Senior County Talent Squad competition commitment.
- Showing no demonstrable progress towards achieving entry and commitment criteria.

For the avoidance of doubt a swimmer may have their place reviewed in the Senior Talent Squad at anytime because they do not meet / maintain the Entry / Commitment Criteria.