

# Gloucester City Swimming Club

## Criteria for Movements

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### **FOR ALL MEMBERS OF THE CLUB**

*The Squad Criteria and movement through and into squads are set by the Coaching Team. This is continually reviewed, and as the Club progresses will be subject to change.*

Other factors will be taken into account when assessing swimmers:

- Perceived potential
- Training ability
- Technical ability
- Positive attitude
- Training attendance record
- Attendance at recommended competitions.

Swimmers who train below the recommended number of sessions for the squad they are in will be approached, and a review session will take place between Coach and swimmer. The swimmer will be expected to increase the number of sessions to fulfill the training requirements of that squad.

Progress will be monitored.

In the instances of exams such as GCSE's, AS and A Levels, swimmers approaching exams should inform a member of the Coaching Team if they feel their training commitment may need to alter on a temporary basis. An appropriate level of training for a period can then be arranged and reviewed.

Should a swimmer continue to fail to meet the criteria of that squad through training, attitude or performance, swimmers and parents will be involved in a meeting with Coaches to discuss the way forwards. Decisions regarding swimmers movements shall be made by the Coaching Team and will be final.

For the purposes of ages within the squad criteria, these are taken from the ASA competition guidelines of Age Group, (female 10-13 years, male 11-14 years), Youth (female 14-18 years, male 15-18 years) and Senior (over 18). Coaches will also be guided by the ASA Long Term Athlete Development Plan, regarding biological and chronological age guidelines for Swim Skills, Training to Train and Training to Compete squads.

Criteria will constantly be reviewed as the Club evolves and develops. The Coaching Team, in conjunction with the Club, reserves the right to alter the criteria as and when it is deemed necessary.