

GCSC Season 2023-24 Squad Criteria

Swim Skills 1

This squads aim to develop stroke technique and racing skills required of competitive swimmers.

3.75 training hours per week.

Age 8-10yrs

Entry Criteria: Ability and commitment to follow a training programme.

Good technical standard on all four strokes.

Subject to coach's discretion

Swim Skills 2

This squads aim to develop stroke technique and racing skills required of competitive swimmers.

5.75 training hours per week.

Age 8-10yrs

Entry Criteria: Ability and commitment to follow a training programme.

Swim 400m continuous front crawl swim with tumble turns.

Swim 50m of each form stroke (25 metres butterfly) demonstrating effective breathing and timing, starting with the correct push off from the wall, underwater phase and transition to stroke.

Swim 100m individual medley, starting with the correct push off from the wall, underwater phase and transition to stroke with legal touch turns.

Perform a legal and efficient turn on each of the four strokes from 10 metres in to 10 metres out from the wall.

Perform a track start using a starting block.

Perform a backstroke start using a starting block.

Subject to coach's discretion

Swim Skills 3

This squads aim to develop stroke technique, training concepts and racing skills required of competitive swimmers.

7.25 training hours per week.

Age 8-12yrs

Entry Criteria: Ability and commitment to follow a training programme.

Correctly perform all 13 exercises from the mobility section of the pre-pool routine.

Swim 800m continuous front crawl swim with tumble turns.

For each stroke, swim 8 x 50m (8 x 25m butterfly), maintaining underwater kick count and an even stroke count. Start each with the correct push off from the wall, underwater phase and transition to stroke.

Swim 100 metres individual medley from a track start on the starting block incorporating legal and efficient medley transition turns at race speed.

Following the starting procedure used in competitions, perform a track start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out and transition to stroke into 50m swim for both front crawl and breaststroke and 25m butterfly at race speed.

Following the starting procedure used in competitions, perform a backstroke start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out, transition to stroke into 50m backstroke at race speed.

Subject to coach's discretion

Swim Skills 4

This squads aim to develop stroke technique, training concepts and racing skills required of competitive swimmers.

10 training hours per week.

Age 8-12yrs

Entry Criteria: Ability and commitment to follow a training programme.

Able to understand and explain the importance of completing the pre-pool routine before getting in the water.

Able to complete a 1km continuous front crawl swim with tumble turns.

Able to demonstrate a strong level of aerobic fitness by completing a set of 100m repeats (minimum of 12) on a turnaround time of 2.10 getting at least 10-seconds rest between each 100m repeat.

For each stroke, swim 10x50m full stroke (10x25m for butterfly) on a short rest turnaround time (e.g. 1.15 for 50m's and 45sec for 25m's), maintaining underwater kick count and even stroke count performing correct push offs, turns and underwater transitions.

Understand and correctly perform a range of drill practices for each stroke.

Swim 200m Individual Medley from a track start on the racing blocks incorporating legal and efficient turns.

Able to demonstrate **competition competency** by holding ranked times in a minimum of 8 different events.

Subject to coach's discretion.

Para

This squad is for swimmers with physical or intellectual impairments who can gain British Para-Swimming classification. All places in this squad are subject to coach's discretion.

Once an appropriate level of training ability has been developed, para swimmers will transition into the main body of the club. The squad they transition to is at the coach's discretion and **may** not require them to fulfil that squad's entry criteria. The squad they transition into will become their primary training programme including land training, though their competition calendar will be individualised to meet their specific needs. Para squad sessions can be utilised as swapped or top up sessions in order to meet the individual needs of the swimmer.

Development Squad

This squad aims to provide a challenging environment where swimmers can develop their swimming ability and enjoy their sessions without any pressure to compete.

7.5 hours training per week.

Age 11+

Entry Criteria: Ability and commitment to follow a training programme.

Good technical standard on all four strokes.

Subject to coach's discretion.

Development Light Squad

This squad aims to provide a relaxed approach to training allowing swimmers to train for fitness.

2.75 hours training per week (Sunday evening and Tuesday evening swim only)

Age 11+

Entry Criteria: Ability and commitment to follow a training programme.

Good technical standard on all four strokes.

Subject to coach's discretion.

County Squad: Aspiring to Regionals

This squad is for swimmers who are already county standard and wish to improve their competitive swimming. Swimmers are expected to keep up to date (with in the past 12months) ranked times for every event.

12.25 hours training per week

Age 11-14yrs

Entry Criteria: Demonstrate a strong level of commitment and swimming ability to follow the training programme

Achieved at least 1 County Qualifying time in their age group in the current or previous season.

Swimmers aged 12-14years who do not have a 1 County Qualifying time in their age group may enter this squad by achieving 3 of the time standards below – Short course times can be achieved in competition or training and can be converted long course times. (Times are set using Gloucester County Championship Qualifying times)

Subject to coach's discretion.

EVENT	GIRLS	BOYS
100 FREE	01.33.00	01.32.00
200 FREE	03.13.50	03.12.90
400 FREE	06.17.00	06.19.00
800 FREE	15.30.00	15.00.00
1500 FREE	26.00.00	25.00.00
100 BACK	01.41.90	01.39.90
200 BACK	03.35.90	03.34.00
100 BREAST	01.59.00	01.56.00
200 BREAST	04.07.60	04.07.60
100 FLY	02.01.00	02.01.00
200 FLY	04.00.00	04.00.00
200 IM	03.24.20	03.24.40
400 IM	07.10.54	07.14.17

Competition Squad

This squad aims to provide a challenging environment where swimmers can develop their swimming ability and enjoy their sessions with a desire to compete. Swimmers must have a commitment to entering all GCSC open meets subject to qualification.

13.75 hours training per week

Age 13+

Entry Criteria: Demonstrate a good level of commitment and swimming ability to follow a training programme.

Good technical standard on all four strokes.

Hold up to date (past 12 months) ranked times in a minimum of 8 events.

Achieve a minimum score of 25 on the Drop Test in training.

Subject to coach's discretion.

Regional Squad: Aspiring to Nationals

This squad is for swimmers who are already regional standard and wish to improve their competitive swimming. Swimmers are expected to compete in every competition on the squad competition calendar.

17 hours training per week

Age 14+

Entry Criteria: Demonstrate a high level of commitment and swimming ability required to follow the training programme.

Achieved a Regional Consideration time in their age group in the current or previous season. **Swimmers who achieve a Regional time must compete at a Regional Championships (Winter or Summer) that season to maintain their place in the squad.**

Swimmers over the age of 16yrs who do not hold Regional Consideration time(s) in their age group may enter this squad by achieving 1 of the time standards below – Short course times achieved in competition or training and can be converted times. (Times are set using South West Summer Regional Championship 2023 Qualifying times – Boys 15years, girls 14years)

Hold up to date (past 12 months) ranked times in a minimum of 8 events.

Swimmers will be held to a training attendance of 75% per week (8 of 11 sessions per week) to maintain their place in the squad. Swimmers in year 11 completing their GCSE Exams and year 13 completing their A-Level Exams will require a 50% attendance (6 session per week) from 1st May to 30th June to allow for revision time.

Subject to coach's discretion

EVENT	GIRLS	BOYS
100 FREE	01.04.00	01.00.00
200 FREE	02.19.20	02.11.30
400 FREE	04.55.30	04.33.20
800 FREE	10.10.00	09.40.00
1500 FREE	19.20.00	17.45.00
100 BACK	01.13.90	01.10.60
200 BACK	02.36.60	02.30.50
100 BREAST	01.26.10	01.19.40
200 BREAST	03.02.10	02.49.60
100 FLY	01.14.50	01.11.10
200 FLY	02.53.80	02.36.70
200 IM	02.40.30	02.31.80
400IM	05.40.00	05.15.60

National Squad: Aspiring to British Championships

This squad is for swimmers who are already National standard and wish to improve their competitive swimming. Swimmers are expected to compete in every competition on the squad competition calendar.

20.75 hours training per week.

Age 15+

Entry Criteria: Demonstrate the highest level of commitment and swimming ability to follow the training programme.

Demonstrate a positive and progressive attitude towards training and competition.

Qualify for at least 1 British or Home National event in their age group in the current or previous season. **Swimmers who achieve a National Event Qualification must compete at a Championships (Winter or Summer) that season to maintain their place in the squad.**

Or achieve 1 of the time standards below – Short course times achieved in competition or training and can be long course conversion times use Pullbuoy ASA Tables. (Times are set 1% outside Swim England Winter National 2022 Junior Qualifying time)

Hold up to date (past 12 months) ranked times in a minimum of 8 events.

Swimmers will be held to a training attendance of 75% per week (10 of 13 sessions per week) to maintain their place in the squad. Swimmers in year 11 completing their GCSE Exams and year 13 completing their A-Level Exams will require a 50% attendance (7 session per week) from 1st May to 30th June to allow for revision time.

Subject to coach's discretion.

EVENT	GIRLS	BOYS
50 FREE	00.27.57	00.24.44
100 FREE	00.59.48	00.53.22
200 FREE	02.09.68	01.57.26
400 FREE	04.34.31	04.09.47
800 /1500FREE	09.21.86	16.37.88
50 BREAST	00.34.74	00.30.90
100 BREAST	01.15.14	01.08.27
200 BREAST	02.44.12	02.26.95
50 FLY	00.29.59	00.26.46
100 FLY	01.06.15	00.58.78
200 FLY	02.27.96	02.13.01
50 BACK	00.31.00	00.27.47
100 BACK	01.06.66	00.59.38
200 BACK	02.23.92	02.09.07
100 IM	01.08.27	01.01.71
200 IM	02.30.79	02.12.00
400IM	05.15.12	04.44.31