

# **BARNET SWIMMING TRAINING SCHEME**

## **JUNIOR AGE GROUP SQUAD**

Entrance Criteria                      The swimmer must be training an average of four sessions per week before being promoted to this group.  
The swimmer must be capable of swimming a 400 IM legally to ASA laws.  
Swimmers must have achieved 2 of the qualifying times Prelim to Jag Times in order to be promoted to this group.  
The swimmers will be selected for promotion to this group based on age, competition performance, attendance, training ability, talent, technical ability, attitude and parental commitment to the Barnet Programme including assisting at swim meets.

This group aims to create swimmers which can perform all strokes, distances and events hence all swimmers will be trained for the 400 Individual Medley event and will be expected to compete in this event at every opportunity.

Swimmers may stay in this group until 1 April of the year that they turn 11 yrs of age. Boys may stay in the group longer in exceptional circumstances such as late development and late into the sport and are deemed to have the ability to make it to the next group.

Minimum Sessions required	8yrs	4 sessions/wk}	all ages as at
	9 yrs	5 sessions/wk}	31 December
	10/11 yrs	6 sessions/wk}	

To be promoted to age group squad swimmers must have achieved an Age Group entry criteria time. In the event that places in age group are available and no swimmers meet the criteria, then the next closest swimmers to the criteria may be invited to join age group.

**By accepting your position in the group you are agreeing to the above criteria.**

**Coach to Swimmer ratio    1:36**