

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 overleaf 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.

The maximum age of swimmers in this group is 11 yrs of age at British Summer Championships, all ages are as at 31 December, swimmers may only remain in this group until 1 April in the year that they turn 11 yrs of age.

Minimum Sessions required	8yrs	4 sessions/wk
	9 yrs	5 sessions/wk
	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