

BARNET SWIMMING TRAINING SCHEME

SENIOR SQUAD

Entry and ongoing criteria

British Championships selection each year or International Representation.

Additional Criteria

Selection will also be based on the following factors –

Age, technical ability, attitude, psychological maturity, following the recommended attendance set by the age group coach, work ethic, commitment to programme, long term potential, parental commitment and full support of the Barnet Copthall programme including assisting with BCSC events, ability to fit into the senior group physically and socially and ability to work with the Chief Coach.

The aims of this squad are to coach swimmers to National and International level competitions. The training year will be based around these competitions. This will require a high level of commitment by the swimmer to the programme set by the Chief Coach; attendance will be a minimum of 8 sessions per week for boys and 9 sessions per week for girls, sprinters may be given a different set number of sessions to attend. The group will be divided into smaller training groups in order to cater for the individual needs of the swimmer. All swimmers in this group must be able to train off senior swim/rest times on Freestyle, Main Stroke, Individual Medley and Kick. Swimmers that have been selected to swim internationally for a country other than Great Britain will be given a place in the group as long as they show full commitment to the programme, meet the above criteria and continue to improve on a yearly basis.

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

Coach to Swimmer ratio 1:24