

Squad Criteria

Minimum Standards for Squads:

A Squad:

- 1) Minimum 7 sessions per week.
- 2) NER and or National times. 'Training to Compete'
- 4) Completing the Training Program as directed by the Head Coach. (training performance will be tested)
- 3) 'Aiming' to be a Medalist or Finalist at N&D, NER or National. N&D top 10 or higher will be your minimum goal.

B1 Squad:

- 1) Minimum 6 sessions per week, **3 of which must be with the Head Coach.**
- 2) N&D, NER or National times. 'Training to Compete'
- 3) Completing the Training Program as directed by the Head Coach & B Squad coach. (training performance will be tested)
- 4) Aiming for top twenty or higher at N&D's will be your minimum goal.

B2 Squad

- 1) Minimum 5 sessions per week. One morning with Alison.
- 2) Aiming for N&D, NER times. 'Training to Train'
- 3) Completing the Training Program as directed by the B Squad coach. (training commitment will be necessary for your progression)
- 4) Aiming to complete at N&D's or at a higher level.

B3 Squad

- 1) Minimum 5 hours per week.
- 2) Training to train and early competitor.
- 3) N&D times or higher. At least aiming for them.

Please note:

Entry and your continued inclusion in A & B squads will include the above criteria being met.

Mighty Minnows:

- 1) Minimum 2 hours per week
- 2) Commitment to train and develop
- 3) Early competitor (Junior League)

The Criteria is designed to produce talented athletes for Hartlepool SC. Your support is essential for this club to succeed. Swimmers will **NOT** progress if they fail to make the criteria. (To be reviewed in June/July 2011)

The Head Coaches decision is final.

I Bullock, Head Coach