

Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A.



TRAINING SCHEME - ELITE B SQUAD

Consideration Criteria

- Region or National qualifying times.
- Age for Elite B should be 13 years +
- Technical ability
- Excellent attitude and training effort
- Psychological maturity & ability to make changes
- Attendance minimum 7 sessions per week
- Be able to cope physically, mentally and emotionally with the Elite B training programme

The aim of the Elite B Squad is to enable swimmers who do not meet the Elite A / Transition Squad Criteria to access a progressive training program that can enable the swimmer to continue improvement and reach their goals.

The training year will be based around specific targeted competitions aiming to swim best times around March, May and August.

Targeted improvement will require a high level of commitment by the swimmer on the Elite B Squad programme.

Attendance is set as a squad will ask a level the Head Coach believes will give the swimmer the best chance to improve over the season. A minimum of 7 sessions per week is expected to remain on this squad.

EQUIPMENT REQUIRED:

Hand Paddles

Fins

Finger Paddles as desired but not essential

Heart Rate Monitor (optional)

Kick board

Pull buoy

Drinks bottle

2 pairs of goggles

2 swimming hats

2 costumes

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