

Hillingdon Swimming Club

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



TRAINING SCHEME - ELITE JUNIOR PERFORMANCE SQUAD

Consideration Criteria

- County / Regional / National qualifying times
- Age for Elite Junior Performance Squad is at the discretion of club coaches
- Technical ability
- Excellent attitude and training effort
- Ability to make changes
- Attendance is 6 sessions per week unless the Elite Junior Performance Squad Coach states otherwise.
- The swimmer must attend the Saturday morning Land Training session following the pool session.
- Be able to cope physically, mentally and emotionally with the Elite Junior Performance Squad training programme

The aim of the Elite Junior Performance Squad is to provide a progressive training program prepares them for a long term career in competitive swimming. Swimmers will remain on this squad until the Head Coach believes they should move into Elite Transition Squad.

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

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