

Hillingdon Swimming Club

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



TRAINING SCHEME - ELITE JUNIOR PERFORMANCE SQUAD

SQUAD NUMBER: 20-25

Consideration Criteria

- County qualifying times, London Region Qualifying Times / National Age Group qualifying times
- Promotion from the age of 9/10 is acceptable if the above time standards are achievable within the swimming season
- Age minimum for Elite Junior Performance Squad set at Boys & Girls 9 years
- Technical ability
- Attitude
- Psychological maturity & ability to cope physically
- Attendance, effort and commitment
- Long term potential
- Parental commitment
- Be able to cope emotionally and socially with both the Squad Coach and existing swimmers of the Elite Junior Performance Squad

The aim of the Elite Junior Performance Squad is to develop swimmers technique and endurance capabilities ready for the greater challenges that are ahead in the Elite Transition and Performance Squads. The philosophy of the squad is development for long term performance.

The training year will be based around specific targeted competitions but training will periodise singularly as continuous swimming develop is the goal.

Technical, endurance and competitive improvement will require a high level of commitment in training from swimmers to the Elite Junior Performance Squad programme. Evidence of improvement in all the aforementioned areas will be considered by the Head and Squad Coach prior to promoting a swimmer to the Elite Transition Squad.

Attendance will be set on a flat squad basis mostly and requires an attempt to complete all six sessions available. Some swimmers may be asked to 5 sessions. For more able swimmers the opportunity to train with the Elite Transition Squad may be offered as a transitional link between squads.

www.hillingdonsc.co.uk



Hillingdon Swimming Club

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



Swimmers will have most important test training set times recorded by the coach and maintain a record of best ever competition times.

Swimmers on the Elite Junior Performance Squad should aim and display the effort needed to improve annually. If this ethic is compromised by the athlete then they may have to relinquish their place on the Squad after consultation with the Head Coach.

The Elite Junior Performance Squad will cater for swimmers working in the Training to Train stage on the ASA's Long-Term Athlete Development Plan.

EQUIPMENT REQUIRED FOR TRAINING:

Hand Paddles

Fins

Finger Paddles as desired but not essential

Kick board

Pull buoy

Drinks bottle

2 pairs of goggles

2 swimming hats

2 costumes

www.hillingdonsc.co.uk

