

# Hillingdon Swimming Club

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



## TRAINING SCHEME - ELITE PERFORMANCE SQUAD

**SQUAD NUMBERS: 10-15**

### Consideration Criteria

- National age, youth or senior qualifying times.
- Swimmers may be considered for this group if they are within a realistic range of achieving a NQT within 12 months
- Age minimum for Elite Performance Squad set at Boys 13 years & Girls 12 years
- Technical ability
- Attitude
- Psychological maturity & ability to make changes
- Attendance, effort and commitment
- Long term potential
- Parental commitment
- Be able to cope physically, mentally, emotionally and socially with both the Head Coach and existing swimmers of the Elite Performance Squad

The aim of the Elite Performance Squad is to produce swimmers able to compete at National and International level.

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 Performance Squad programme.

Attendance will be set on an individual basis and will consider age, sex, maturity and event specialisation. Any swimmer on the Elite Performance Squad will be expected to complete between 7-11 training sessions in one week.

Swimmers will log training performance times, competition best times, video technique clips and other relevant performance information on a USB stick provided by the club for a minimal fee.

Swimmers on the Elite 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.

[www.hillingdonsc.co.uk](http://www.hillingdonsc.co.uk)



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The Elite Performance Squad will cater for swimmers training at the Train to Compete and Training to Win stages of the Long-Term Athlete Development Plan.

## 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