

Hillingdon Swimming Club

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



TRAINING SCHEME - ELITE SENIOR SQUAD

SQUAD NUMBERS: 10 - 15

Consideration Criteria

- County, Region or National qualifying times.
- Age minimum for Elite Performance Squad set at Boys 14 and over years & Girls 13 years and over
- Technical ability
- Attitude
- Psychological maturity & ability to make changes
- Attendance, effort and commitment
- Parental commitment
- Be able to cope physically, mentally, emotionally and socially with both the Head Coach and existing swimmers of the Elite Senior Squad

The aim of the Elite Senior Squad is to enable swimmers who have reached the age of 14 years and do not meet the Elite Performance 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 Senior Squad programme.

Attendance will be set on an individual basis and will consider age, sex, maturity and event specialisation. Any swimmer on the Elite Senior Squad will be expected to complete between 6-8 training sessions in one week. However, there is flexibility to drop to 5 sessions per week when swimmers consult the Head Coach.

Swimmers will log training performance times, competition best times and other relevant information.

Swimmers on the Elite Senior 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



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The Elite Senior Squad will cater for swimmers training at the Train to Compete 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