

# Hillingdon Swimming Club

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



## TRAINING SCHEME - ELITE TRANSITION SQUAD

### Consideration Criteria

- Regional / National qualifying times
- Age for Elite Transition should be 12 years +
- Technical ability
- Excellent attitude and training effort
- Ability to make changes
- Attendance is 7-9 sessions per week unless the Head 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 Transition training programme

The aim of the Elite Transition Squad is to provide a progressive training program at Regional / National level. Swimmers will remain on this squad until the Head Coach believes they should move into Elite A or Elite B squad.

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

Training will be set individually and will require 7-9 sessions per week. If attendance is not met then the swimmer will move to Elite B and be expected to maintain the minimum 7 sessions per week attendance for that 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

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

