



DISS OTTERS

A local swimming club at the heart of the community



County Squad Policy

Squad Objectives

The goal of County Squad is to train at the 'Train to Train' level of the DOSC LTAD pathway and demonstrate good commitment, attitude, and training/ competition skills. County Squad is for swimmers focussed on competing at the County Championships and working towards regional level swimming in the future.

The training program targets stroke and skill development with an increase in stamina and endurance, preparing for maintenance of skills. Four training sessions available each week.

Squad Age Range

11-15 years.

This squad includes the following work and expectations

1. Stroke progressions and drills are continued and expanded.
2. Introduction to a test sets.
3. Practice IM training sets.
4. Perfect start, turns, and finishes for all four competitive strokes, including IM turns. Consistently aiming for 5-7 fly kicks off all walls in a streamlined position
5. Perform a step relay takeover.
6. Independently monitor training by use of the pace clock in all training sets without coach support.
7. All swimmers to learn the use of pace, stroke rate, stroke count and training based on heart rate or perceived effort.
8. Complete a well-balanced training programme including equal kick and pull sets.
9. Increase distance covered in training sessions to improve endurance.
10. Swimmers are on poolside at least 10 minutes before the start of each pool session to complete mobility work.
11. Swimmers are encouraged to stretch after sessions.
12. A positive mindset both in training and competition. A team player, respectful, supportive, and caring.
13. Practice swimming within the rules of the sport.
14. Enter team events, and open meets at the direction of your squad coach. Swimmers encouraged to have up to date licensed times (within the last 6 months) in the following events as a minimum: All 50s and 100s, 200 Free, 200 IM plus at least one other 200m event, 400 FC and 400 IM.

15. Loves race day and thrives in a competitive environment.
16. Swimmers are learning to make their own choices and balance swimming, school / work and social commitments
17. Swimmers are learning to be accountable for their own effort, actions, and behaviours.
18. Swimmers set process orientated goals to motivate and drive their own development.
19. Abide by the clubs training and competition values.

Squad Entry

- To have achieved a County qualifying time for the season.
- At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity maintain the desired skill standards.

Squad Minimum Commitment

Swimmers should be able to commit to a minimum of 4 hours per week but aiming for 6 hours once settled.

Assessments

Swimmer's progress and ability to meet the criteria and expectations of the squad will be monitored throughout the season. Swimmers who are not meeting the criteria and expectations for the squad will be informed of this and will be given a set period of time to reach the required standard. If swimmers are still not meeting the squad's criteria and expectations after this time frame, they will be moved to a more appropriate squad for their abilities, attitude, commitment, and ambition.

Target Competitions

Swimmers in County Squad are expected to attend the following competitions:

- Club Championships
- Level 3 competition
- Qualify for the Norfolk County Championships
- Aim to achieve Regional QT.

Kit Requirements

Swimmers are expected to bring all equipment from the County squad kit list to all their training sessions.

Code of Conduct

All swimmers are expected to follow the swimmers code of conduct.