

Squad Criteria 2024-2025

A-Squad

Places Available On The Squad:

18 – Squad places will be filled on the following priorities:
Primary Criteria > Training Criteria > Performance Criteria

Squad Directive:

The goal for A-Squad is to perform in the mid-late adolescence stage of the Composite Youth Physical Development model for Swimming (CYDFS) and above, in a highly to very highly structured training regime. Swimmers should be competing at a Home Nations national level with full training and performance lifestyle commitment. Age range of 14yrs+ but with training age taken into consideration.

Primary Criteria:

- Age guideline: 14+ by 31st December 2025
- Attend the number of sessions individually set by Head of Performance Swimming
- Attend 1+ land training sessions
- Must prioritise training during school holidays whilst in competition season
- Attendance at all competitions, team events and training camps selected by Head Coach
- Manages school/Exams and swimming and works with the coach to agree a set number of sessions during exams
- Adhere to the Vision, Mission and Athlete ID's of BSS, and uphold all code of conducts and expected behaviours
- 'Green' performance review scores. Performance reviews, undertaken throughout the season, have a major influence when the coaching team consider offering squad places.

Performance Criteria:

1. Qualification for British Swimming Championships (April)
2. Qualification for British Swimmer Championships
3. Qualification or potential for English Summer Nationals

Swimmers will be identified by the coaching team based on training attendance, training performance and competition performance, listening skills and long term potential.

All movements are at the discretion of the coaching team and Head of Performance Swimming.

The inability to train or perform at required criteria will result in performance reviews and squad management. You may be advised to train solely with your community pathway club.

Training Criteria:

- Start every session with Pre-Pool
- Is punctual – arrives 15mins before the start of the session and starts session on time
- Be able to complete 'x' number of 200m Freestyle repetitions on an interval time of 2:40
- Be able to complete 'x' number of 200m Backstroke or IM repetitions on an interval time of 2:55
- Be able to complete 'x' number of 100m Breaststroke repetitions on an interval time of 1:45
- Be able to complete 'x' number of 100m choice kick repetitions, on an interval of 1:50. Hard kick repeats need to be under 1:30
- Ability to hold 6 dolphin kicks off every start & turn
- Ability to train all distances and all strokes.

Other Expectations & Behaviours

- Keep a logbook and include date/time/location, an outline of the sessions along with any relevant data such as times (fastest, slowest & average), stroke counts, u/w kicks and comments on what went well and improvement points.
- "On time" is late, arrive early for training sessions and competitions to complete adequate and professional pre-pool.
- Maintain a healthy, athletic and performance lifestyle with usage of apps such as YourSpace, and FitrWoman. S&C, Nutritional and psychological education and support can be given.
- Compete at all designated meets on the BSS calendar. BSS swimmers can not enter meets that are not on the BSS calendar unless prior agreement with the Head of Performance Swimming.
- Represent BSS in all selected relay teams.
- Compete at your home club club championships, in agreement with the Head of Performance Swimming.
- 20-30mins should be assigned to pre-pool for a competition.
- Stay with the team at meets and consult with the coaching staff about time away from the poolside.
- Swimmers are expected to attend their normal training sessions into a competition, unless previously agreed with the Head of Performance Swimming.
- If you are too ill to train, you are too ill to compete.
- If you are injured or ill for one race, coaches may withdraw the swimmers from other races as we have a duty of care to protect the swimmer.

Training Kit required

Swim Kit: Fins, Pull Buoy, Snorkel, Finger Paddles, Hand Paddles, Parachute

S&C Kit: Trainers and BSS Club Kit including items such as; t- shirt, shorts, leggings, training bottoms, hoodie.

Squad Criteria 2024-2025

B-Squad

Places Available On The Squad:

24 – Squad places will be filled on the following priorities:
Primary Criteria > Training Criteria > Performance Criteria

Squad Directive:

The goal for B-Squad is to perform in the early-late adolescence stage of the Composite Youth Physical Development model for Swimming (CYDfS) and above, in a moderately structured training regime. Entry level swimmers in B-Squad should be competing at a regional level working towards regional finals and Home Nation Summer Meet qualification. Swimmers should demonstrate full training commitment relative to their training age. Age range of 9-14yrs, but with training age taken into consideration.

Primary Criteria:

- Age guideline: 9-13yrs by 31st December 2025
- Attend the number of sessions individually set by the squad coach, plus one with your Bassetlaw Community Pathway Club
- Attend 1+ land training sessions
- Must prioritise training during school holidays whilst in competition season
- Attendance at all competitions, team events and training camps selected by the coaching team
- Adhere to the Vision, Mission and Athlete ID's of BSS, and uphold all code of conducts and expected behaviours
- 'Green' performance review scores. Performance reviews, undertaken throughout the season, have a major influence when the coaching team consider offering squad places.

Performance Criteria:

1. Qualification or potential for English Summer Nationals
2. Qualification for Regional Championship Finals in National level events
3. Qualification or potential for Regional Championships in National level events

Swimmers will be identified by the coaching team based on training attendance, training performance and competition performance, listening skills and long term potential.

All movements are at the discretion of the coaching team and Head of Performance Swimming.

The inability to train or perform at required criteria will result in performance reviews and squad management. You may be advised to train solely with your community pathway club.

Training Criteria:

- Start every session with Pre-Pool
- Is punctual – arrives 15mins before the start of the session and starts session on time
- Be able to complete 'x' number of 100m Freestyle repetitions on an interval time of 1:40
- Be able to complete 'x' number of 100m Backstroke repetitions on an interval time of 1:50
- Be able to complete 'x' number of 100m kick repetitions of choice stroke, on an interval of 2:15
- Be able to complete 'x' number of 100m IM repetitions on an interval time of 1:50
- Progressive results on test sets throughout each training cycle.
- Ability to hold 6 dolphin kicks off every start & turn
- Ability to train all distances and all strokes.

Other Expectations & Behaviours

- Keep a logbook and include date/time/location, an outline of the sessions along with any relevant data such as times (fastest, slowest & average), stroke counts, u/w kicks and comments on what went well and improvement points.
- "On time" is late, arrive early for training sessions and competitions to complete adequate and professional pre-pool.
- Compete at all designated meets on the BSS calendar. BSS swimmers can not enter meets that are not on the BSS calendar.
- Represent BSS in all selected relay teams.
- Compete at suitable meets on your home club's competition calendar in agreement with BSS coaching staff and home club coaching staff.
- Compete at your home club, club championships.
- 20-30mins should be assigned to pre-pool for a competition.
- Stay with the team at meets and consult with the coaching staff about time away from the poolside.
- Swimmers are expected to attend their normal training sessions into a competition, unless previously agreed with the Squad Coach and/or Head of Performance Swimming.
- If you are too ill to train, you are too ill to compete.
- If you are injured or ill for one race, coaches may withdraw the swimmers from other races as we have a duty of care to protect the swimmer.

Training Kit required

Swim Kit: Fins, Pull Buoy, Snorkel, Finger Paddles, Hand Paddles, parachute

S&C Kit: Trainers and BSS Kit including items such as; t- shirt, shorts, leggings, training bottoms, hoodie.

We understand that progressing to A-Squad at this time isn't for everyone and it's at this point we may recommend training solely with your community club. Remember, A-Squad is targeting a national standard of competitive swimming, looking ahead to international selection.

Squad Criteria 2024-2025

C-Squad

Places Available On The Squad:

24 – Squad places will be filled on the following priorities:
Primary Criteria > Training Criteria > Performance Criteria

Squad Directive:

The goal for C-Squad is to perform in the early-mid adolescence stage of the Composite Youth Physical Development model for Swimming (CYDfS) and above, in a low to moderately structured training regime. Entry level swimmers in C-Squad should be near county qualification and endeavour to work towards regional qualification (tier 2, consideration, or tier 1, qualification), with training commitment relative to their training age. Age range of 8-12yrs, but with training age taken into consideration.

Primary Criteria:

- Age guideline: 8-12yrs by 31st December 2025
- Attend the number of sessions individually set by the squad coach, plus one or two sessions with your Bassetlaw Community Pathway Club
- Attendance at all competitions, team events and training camps selected by the coaching team
- Adhere to the Vision, Mission and Athlete ID's of BSS, and uphold all code of conducts and expected behaviours
- 'Green' performance review scores. Performance reviews, undertaken throughout the season, have a major influence when the coaching team consider offering squad places.

Performance Criteria:

1. Qualification or potential for Regional Championships in National level events
2. Qualification at a County final level in Regional events
3. Qualification or potential for County Championships

Swimmers will be identified by the coaching team based on training attendance, training performance and competition performance, listening skills and long term potential.

All movements are at the discretion of the coaching team and Head of Performance Swimming.

The inability to train or perform at required criteria will result in performance reviews and squad management. You may be advised to train solely with your community pathway club.

Training Criteria:

- Start every session with Pre-Pool
- Is punctual – arrives 15mins before the start of the session and starts session on time
- Be able to complete 'x' number of 100m Freestyle repetitions on an interval time of 1:50
- Be able to complete 'x' number of 100m Backstroke repetitions on an interval time of 2:00
- Be able to complete 'x' number of 100m kick repetitions of choice stroke, on an interval of 2:30
- Be able to complete 'x' number of 100m IM repetitions on an interval time of 2:00
- Progressive results on test sets throughout each training cycle.
- Ability to hold 6 dolphin kicks off every start & turn
- Ability to train all strokes.

Other Competition Expectations & Behaviours

- Adhere to YSA Performance Squads' and BSS's training code of conduct at all times and generally uphold the positive, professional image of YSA Performance Squads and BSS.
- "On time" is late, arrive early for training sessions and competitions to complete adequate and professional pre-pool.
- Compete at all suitable meets on the BSS calendar. BSS swimmers can not enter meets that are not on the BSS calendar.
- Represent BSS in all selected relay teams.
- Compete at suitable meets on your home club's competition calendar.
- Compete at your home club, club championships.
- 10-20mins should be assigned to pre-pool for a competition.
- Stay with the team at meets and consult with the coaching staff about time away from the poolside.
- If you are too ill to train, you are too ill to compete.
- If you are injured or ill for one race, coaches may withdraw the swimmers from other races as we have a duty of care to protect the swimmer.

Training Kit required

Swim Kit: Fins, Pull Buoy, Finger Paddles, Snorkel

S&C Kit: Trainers and BSS Kit including items such as; t- shirt, shorts, leggings, training bottoms, hoodie.

We understand that progressing to B-Squad at this time isn't for everyone and it's at this point we may recommend training solely with your community club. Remember, B-Squad is targeting a regional final standard of competitive swimming, looking ahead to the Home Nations competitions.

Squad Criteria 2022-2023

Development-Squad

Places Available On The Squad:

40 (split 20/20 between the Retford & Worksop groups)

Squad places will be filled on the following priorities:

Primary Criteria > Training Criteria > Performance Criteria

Squad Directive:

The goal for Development Squad is to perform in the early adolescence stage of the Composite Youth Physical Development model for Swimming (CYDfS), in a low to moderately structured training regime. Entry level swimmers in Development-Squad should have completed Stages 8, 9 & 10 of the Your Swim Academy awards, with training commitment relative to their training age. Age range of 7-11yrs, but with training age taken into consideration.

Primary Criteria:

- Age guideline: 7-11yrs by 31st December 2025
- Attend the number of sessions individually set by the squad coach, plus one or two sessions with your Bassetlaw Community Pathway Club
- Attendance at all competitions, team events and training camps selected by the coaching team
- Adhere to the Vision, Mission and Athlete ID's of BSS, and uphold all code of conducts and expected behaviours
- 'Green' performance review scores. Performance reviews, undertaken throughout the season, have a major influence when the coaching team consider offering squad places.

Performance Criteria:

1. Qualification or potential for County Championships

Swimmers will be identified by the coaching team based on training attendance, training performance and competition performance, listening skills and long term potential.

All movements are at the discretion of the coaching team and Head of Performance Swimming.

The inability to train or perform at required criteria will result in performance reviews and squad management. You may be advised to train solely with your community pathway club.

your swim academy

Performance Squads

Minimum Standard:

Swimmers should have been awarded Stage 10 of their Swim Academy lessons. Significant steps towards this goal will also be considered.

- Four legal swimming strokes; Butterfly Backstroke, Breaststroke, Freestyle
- Four legal turns; Butterfly Backstroke, Breaststroke, Freestyle
- Three legal IM turns; Butterfly>Backstroke, Backstroke>Breaststroke, Breaststroke>Freestyle

Swimmers should work towards the C-Squad criteria by the competitive age of 11.

Other Expectations & Behaviours

- Adhere to YSA Performance Squads' and BSS's training code of conduct at all times and generally uphold the positive, professional image of YSA Performance Squads and BSS.
- "On time" is late, arrive early for training sessions and competitions to complete adequate and professional pre-pool.
- Complete adequate and professional post-pool.
- Compete at suitable meets on your home club's competition calendar.
- Compete at your home club, club championships.
- 10-20mins should be assigned to pre-pool for a competition.

Training Kit required

Swim Kit: Fins, Pull Buoy, Kick Board, *Optional: Snorkel*

S&C Kit: Trainers and BSS Kit including items such as; t- shirt, shorts, leggings, training bottoms, hoodie.

We understand that progressing to C-Squad at this time isn't for everyone and it's at this point we may recommend training solely with your community club. Remember, C-Squad is targeting a County standard of competitive swimming, looking ahead to County finals and Regional consideration.