** BLUE SQUAD – CRITERIA MARCH 2025**



Swimmers in BLUE SQUAD will have gained Qualification for Swim England Spring & Winter Regionals and/or be within 3 seconds of a 100 time or 5 seconds of a 200 + time for British or Swim England Nationals for the current year.

Swimmers **must attend a minimum** of one midweek AM session and a minimum of 7 swimming sessions per week

*(Exceptions will be made at the discretion of the Head Coach).*

There are EIGHT swimming sessions available to all BLUE SQUAD swimmers, totalling 12.5 hours with pre and post pool land sessions and 4 gym sessions.

All swimmers are expected to be on time and MUST ARRIVE 15minutes before the START of the swim session and carry out a pre-pool land warm up at sessions where there is no gym session beforehand. At sessions where there is a gym session, swimmers must arrive a minimum of 10 minutes before the start of the session.

**Swimmers WILL BE refused entry to establish discipline and show respect to other squad members. All swimmers must speak to the Squad Coach taking the session if they are late**.

All swimmers will carry out a 15-minute post pool land stretch off using their foam rollers, after each training session.

Performing the above pre and post pool land warm up and stretch offs will reduce the risk of injury once they are in the pool and prevent muscle soreness post pool swimming.

Swimmers with short training costumes must wear drag shorts/shorts on top of the training suits for all land sessions on the poolside.

When attending the land sessions with the qualified instructor, all swimmers must wear appropriate gym clothing and footwear with swimsuits beneath to reduce wasted time from gym to pool session.

NO CROCS / SLIDERS / INAPPROPIATE FOOTWEAR, WILL BE ALLOWED – Any swimmer that arrives with the incorrect attire will not be allowed to participate in the session.

It is advised for swimmers to shower before entering the pool on the days when the swim session takes place directly after the gym sessions.

Swimmers aged 11 – 13 years old must attend a minimum of 6 sessions per week or agreed with the Head Coach.

Swimmers aged 14 years + must attend a minimum of 7 sessions per week.

ALL swimmers **must** attend the 4 gym sessions lead by the qualified instructor. (Unless otherwise agreed with the Head coach)

Swimmers who swim elsewhere during term time and who swim competitively at British Swimming or Swim England National level, will be welcome to join the BLUE SQUAD sessions after consultation with the Head Coach.

These swimmers will be expected to carry out the pre and post pool criteria set for this group but will not be able to join the designated gym sessions.

Squad movements will take place three times per year, (roughly October/November, February, and June).

Swimmers must attend both long and short course competitions regularly. If a swimmer is not attending or struggling with sessions, a meeting to discuss their progress will be arranged to discuss a move to a more appropriate squad.

Pauline Gourley

Head Coach

Lincoln Vulcans SC - March 2025

