**** **SENIOR SQUAD – CRITERIA MARCH 2025**



Swimmers in ‘SENIOR SQUAD’ will be unable to commit to Blue or Yellow Squad session’s due to other commitments, the need to reduce their sessions due to injury and are 16 and over, to a maximum of 19 years old. Swimmers will continue to compete and attend gym sessions as set out above. Swimmers must be at a higher performance level and must be able to swim at the desired level for this squad. Acceptance to this squad will be after consultation with the Head Coach.

Swimmers who swim elsewhere during term time and who are at a higher-performance level, will be welcome to join the Senior Squad sessions after consultation with the Head Coach

There are FOUR swimming sessions totalling 5.5 hours and TWO gym session available to all Senior Squad swimmers with 15 minutes pre and post pool land 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.

From Senior Squad swimmers will move either to Blue Squad or to Masters

Swimmers must attend both long and short course competitions regularly.

Pauline Gourley

Head Coach

Lincoln Vulcans SC - March 2025

