



BPSC SQUAD CRITERIA

NOVEMBER 2016

Gold 1 Squad

Coach: Doug Campbell

Age level: Swimmers in this squad are normally aged 14yrs+

Competition Performance: The qualifying times for the Gold 1 squad are set by the club to ensure that the club's premier squad is improving year on year and to ensure that the most committed and highest performing swimmers have sufficient training and space to ensure quality training. Swimmers must achieve at least one qualifying time. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers must attend a minimum of 7 pool sessions per week or an amount agreed in advance by the Head Coach until the full commitment can be met and attend a minimum of 2 land work sessions per week as directed by the Head coach.

Training ability: Swimmers in Gold 1 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff
10 sessions available per week – 18 hours (+3 x 45mins land training)

Gold 2 Squad

Coaches: Matt Dibble/Nikki Spurgeon

Age level: Swimmers in this squad are normally aged between 12 – 15 years.

Competition Performance: The qualifying times for the Gold 2 squad are set by the club to ensure that the members of the squad are improving year on year and to ensure that committed and performing swimmers have sufficient training and space to ensure quality training. Swimmers must achieve at least one qualifying time. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers must attend a minimum of 6 pool sessions per week or an amount agreed in advance by the Head Coach and Gold 2 Squad Coach until the full commitment can be met as well as attending a minimum of 2 land work sessions per week.

Training ability: Swimmers in Gold 2 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 9 sessions available per week – 14½ hours (+3 x 45mins land training)

Gold 3 Squad

Coach: Karen Epsly

Age level: Swimmers in this squad are normally aged between 9 – 13 years.

Competition Performance: The qualifying times for the Gold 3 Squad are set as the [Qualifying Times for Essex County Age Group Championships](#). Swimmers must achieve at least one qualifying time in their age band. Times in 50m events and the 100IM will not be considered. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers will attend a minimum of 5 pool sessions per week or an amount agreed in advance by the Head Coach and Gold 3 Squad coach until the full commitment can be met.

Training ability: Swimmers in Gold 3 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 7 sessions available – 10½ hours (+2 x 45mins land training)

Silver 1 Squad

Coach: Paul Eveleigh

Age level: Swimmers in this squad are normally aged 14+yrs

Competition Performance: The qualifying times for the Silver 1 Squad are set as the [Qualifying Times for Essex County Age Group Championships](#). Swimmers must achieve at least one qualifying time in their age band. 50m events and the 100IM are not included in this. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers must attend a minimum of 5 pool sessions per week including 1 morning session or an amount agreed in advance by the Head Coach and Silver 1 Squad Coach until the full commitment can be met as well as a minimum of 2 land work sessions.

Training ability: Swimmers in Silver 1 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 8 sessions available – 11½ hours (+3 x 45mins land training)



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Silver 2 Squad

Coach: Matt Dibble

Age level: Swimmers in this squad are normally aged 10-13 years old.

Competition Performance: The qualifying times for the Silver 2 Squad are set as the [Qualifying Times for Essex County Age Group Championships](#). Swimmers must achieve at least one qualifying time in their age band. 50m events and the 100IM times are not included. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers will attend a minimum of 4 pool sessions per week including 1 morning session and also a minimum of 1 land work session per week.

Training ability: Swimmers in Silver 2 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 5 sessions available – 6½ hours

Development 1 Squad

Coach: Will Green

Age level: Swimmers in this squad are normally aged between 8 – 11 years.

Competition Performance: Swimmers will be selected for Development who have been identified by the coaching staff that are showing early potential. Whilst there are no competition performance qualification times in place for this squad please take time to have a look at the standard required to advance to the next level – the Gold 3 Squad which is the aspiration and aim of all swimmers in the Development 1 Squad. Swimmers in this squad will be expected to compete in open and league galas from about age 9 when selected and advised. Swimmers must be ASA registered category 2 swimmers, must commit themselves to enter Open Meets and be available for selection to represent the club at League competitions.

Training Commitment: Swimmers will attend a minimum of 4 pool sessions per week with 1 of the sessions being a morning training session. Swimmers must also attend a minimum of 1 land work session per week.

Training ability: Swimmers in Development 1 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 6 sessions available – 7½ hours (+ 2 x 45mins land training)

Development 2 Squad

Coach: Will Green

Age level: Swimmers in this squad are normally aged between 8 – 10 years.

Competition Performance: Swimmers will be selected for Development 2 have been identified by the coaching staff who are showing early potential. Whilst there are no competition performance qualification times in place for this squad please take time to have a look at the standard required to advance to the next level – the Gold 3 Squad which is the aspiration and aim of all swimmers in Development 2 Squad. Swimmers in Development 2 squad will be expected to compete in open and league galas from about age 9 when selected and advised.

Training Commitment: Swimmers will attend a minimum of 3 pool sessions per week with 1 of the sessions being a morning training session. Swimmers must also attend a minimum of 1 land work session per week.

Training ability: Swimmers in Development 2 must be of a training ability to maintain the smooth operating of the squad within the allocated space. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: - 3 sessions available – 4½ hours (+ 2 x 45mins land training)



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Bronze Squads

Coach: Sue Humphries

Age level: Swimmers in Bronze 1 are normally aged between 14-17yrs and Bronze 2 Squad between 11-13yrs.

Competition Performance: The Bronze Squads are comprised of competitive swimmers who cannot commit to the attendance criteria for the Gold or Silver squads and also for those swimmers who may not wish to compete on a regular basis.

Training Commitment: Swimmers will attend a minimum of 1 pool session per week. Tuesday evening session is allocated for those swimmers who enter club competitions and open meets. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: 3 sessions available – 3½ hours (for each squad)

Masters Squad & Junior Masters Squad Coach: Sue Humphries

Age level: Swimmers in this squad are a minimum of 16yrs of age with no upper age limit.

Competition Performance: The Masters & Junior Masters Squad is a combination of competitive and non-competitive swimmers. There is no pressure to enter galas.

Training Commitment: There are no minimum attendance criteria for this squad, although swimmers would normally be expected to attend the same sessions on a regular weekly basis. If work or college/university commitments give problems, these should be discussed with the coach in advance.

Training Week: 3 sessions available – 4 hours

Academy Squads Lead Coaches: Karen Epsly & Sue Humphries

Age level: Swimmers in this squad are normally age 5-9yrs.

The Academy section of BPSC forms the starting point of the young swimmers experience in the sport and is aimed at being enjoyable and fun whilst being challenging and rewarding and preparing young swimmers for their move into the competitive squad pathway of the club.

Competition Performance: The Academy swimmers will gain racing experience in the club Splash Nights which will give an indication to the selection of inter-club competitions such as Junior Speedo League and the Essex Mini League as well as well as putting into practice the skills worked on in their sessions with the club.

Training Commitment: Swimmers in Green and Yellow Academy squads will attend one session per week, either Monday or Friday. Blue Academy squad will train on Monday and Friday, whilst swimmers in Red squad will train 3 times per week (including some land training exercises). Swimmers in the Junior Academy swim for 30 minutes on Sunday and is an introduction to competitive swimming skills. Entry and exit to the squad is at the discretion of the coaching staff

Training Week: Junior Academy Squad has 1 session of 30 minutes on Sunday, Green & Yellow squads 1 session available (1 hour), Blue squad 2 sessions (2 hours). Red squad 3 sessions (3 hours including education session & land training)