

Inverness Amateur Swimming Club
A Squad criteria
2018-2019

This is an agreement between the swimmer, coach and parent. The parent/swimmer will be asked to record their acknowledgement of this agreement in the Club's online membership system.

The aims of this Squad are to work towards the performance side of competition, gaining accredited times and aiming to gain entry to DRP (district regional programme) training days and link in to highland swim team for extra support with pool time. A Squad is a team effort and everyone involved should support team members in working together to meet the aims of the squad. Swimmers should help push each other on in a friendly, but hard-working training environment.

- Any swimmer entering A Squad will be on a probationary period for 3 months and expectations are that they show commitment and good attendance, demonstrate the desire to work hard and demonstrate a good attitude and take some ownership for their training.
- Swimmers should be ready physically, mentally and emotionally mature to step up to A squad and demonstrate in a session that they can do a set amount of distance and repeat times given by the coach. All 4 strokes should be legal.
- The squad's training programme will be tailored where possible to the needs of the individual. While training as a group based on all distances, the aim is working towards achieving accredited times and keeping these updated every year. Swimmers will be working towards performance/ Bronze times for SS National squad selection policy guidelines.
- Swimmers will be expected to be competing home and away. Swimmers should step up and represent their club at the level of meet they have criteria for, there are at least 7-12 meets for swimmers to be proactive in their progression.
- Swimmers will be expected to attend all sessions asked of them including any morning sessions and any land training.

Training Session Times:

Sunday Morning -7.30 am-9am

Wednesday evening 6pm -7pm Land Training

Wednesday Evening 7.15pm-8.45pm

Thursday Evening 6.15-8pm Inverness Hst performance related squads

Friday Evening 7.30pm-9.15pm

Swimmers should arrive 15 minutes earlier to the times above to do stretching before entering the water to help pre-stretching -post recovery and injury prevention.

Lateness:

Swimmers who arrive late disrupt the training session if it has already started, and some thought should be given to your fellow swimmers. Any swimmer that continually arrives late may be excluded from the training session, at the coach's discretion.

Reviews:

Each swimmer will be reviewed periodically by the Coach. A meeting with the swimmer and parent will take place, looking at your goals, attendance, competition, and attitude. If you are no longer demonstrating the commitment, team ethos, we can discuss options for the swimmer.

Progression/Retaining Position in Squad

Swimmers will progress with a good work ethos, a good mental approach to training and if they have ambition and the willingness to compete and achieve improvement on performances.

A positive attitude is very important and a swimmer who has lost the ability to commit to the ethos of the squad can discuss options with their coach.

If you have any questions about attendance and training, please ask to speak to the lead coach at a suitable time.