

**Inverness Amateur Swimming Club**  
**B 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 the Squad are to develop a team culture within the squad, ensuring all 4 strokes are a legal standard with swimmers aiming for a place in A Squad. Training will be at a volume of around 3000m per session with swimmers able to work towards achieving criteria as set out for A Squad, developing aerobically, understanding stroke rate, using the clock for repeat times and aiming for accredited 100m & 200m times.

- Any swimmer entering B Squad will be on a probationary period for 3 months
- Swimmers should be ready physically, mentally and emotionally to step up to B squad, and demonstrate in a session that they can do a set amount of volume and work towards repeat times given by the coach.
- Swimmers should demonstrate the desire to work hard and have a good attitude and commitment to training.
- The squad's training programme will be to develop technically and aerobically over varied distances, aiming for accredited times, aiming towards bronze SS National Selection policy guidelines.
- Swimmers should be working toward achieving accredited 100, 200m times, and updating these times regularly in competition. Swimmers should step up and represent their club at the level of meet they are eligible for, there are at least 7 meets for this squad to be proactive in attending meets.
- Swimmers will be expected to attend all sessions asked of them including any morning sessions and any land training that is offered.
- Swimmers will be expected to compete home and away, based on improving times, and achieving higher level meets through improvement.

**Training Session Times:**

Sunday Morning 07.30 -9-00am

Wednesday evening 6pm -7pm Land training (currently by invitation only)

Wednesday Evening 7.15pm-8.45pm

Friday Evening 5pm -6.30pm

Swimmers should arrive 15minutes 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 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 should progress with a good work ethos, a good mental approach to training, if they have ambition and the willingness to compete and improve on performance.

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.