

SQUAD CRITERIA

The squad criteria have been updated and are summarised below.

The purpose of the squad criteria is to have swimmers of a similar age, ability and commitment training together – this enables the coaches to provide the most effective training programme for the squad and it also contributes to a positive team environment where the swimmers can support each other in training and in competitions.

The competitive squad pathway progresses from Mini-Bronze squad through to the Senior squad, with the pathway reflecting the required increasing levels of commitment, performance and age. It has been designed to incorporate the principles of Long-Term Athlete Development.

The competitive squad pathway has two principal components:

1. The Junior squads: these squads are for swimmers 12 years and under and the criteria recognises that swimmers at this age are typically less physically developed and are likely to have a number of other sporting and extra-curricular activities in their schedules.
2. The High-Performance squads are for National Age Group and Open level swimmers that are highly focussed and self-motivated, and have chosen competitive swimming as their priority sport. Consequently, if there are conflicts with other voluntary activities then competitive swimming will take priority.

In addition to this pathway, we have added the Sprint squad (see above), so we now offer two squads with increased flexibility regarding commitment and performance.

The key criteria that will take into account when determining the suitability of a swimmer for a squad are set out below and in the following table:

Attitude: Focussed and displays positive attitude, contributes to the squad and club by supporting other team mates in training and competitions. Shows respect.

Discipline: Listens and follows instructions and consistently meets the minimum attendance requirements. Turns up to training and meets on time and appropriately prepared. Meets uniform standards.

Targeted meets: Attends targeted meets and represents United to the best of their ability.

Training standard: Consistently completes the squad's training sets on the required timing intervals and to the standards – these may change over time as the composition of the squad changes and refreshes.

Targeted Pinnacle Meets: Has met, or is expected to meet the qualifying times, for the Pinnacle Meets.

Priority: For the High-Performance squads, competitive swimming is their chosen and first priority sport.

	Junior squads (12 years and under)			High Performance squads		Other squads (Flexibility)	
	Mini-Bronze	Bronze	Silver	Gold	Senior	Sprint	Multi-Sport
Age guide	10 & under	11 & under	10-12 years	12+ years	14+ years	11+ years	11+ years
Available pool sessions pw	3	Max of 4 from 5 days	5	7	8	4	1 to 4
Minimum pool sessions pw	na	3	4	6	7	3	na
Dry land	No	Yes	Yes	Yes	Yes	No	No
Minimum standard	Skill assessment	Level 2	Level 1 within 12 months	NAGs qualifying times	By invitation only	Discipline and behaviour	Discipline and behaviour
Targeted Pinnacle Meets	Akld Juniors	NZ Juniors Akld Juniors Akld Winters	Div II NZ Juniors Akld Juniors Akld Winters	NAGS NZ Springs	NZ teams NAGS NZ Springs NZ Opens	DIV II NAGS Akld Winters	na

Transition period: We understand that there are a number of swimmers that currently do not meet these updated criteria – and these swimmers will be given the opportunity to meet the criteria this term. If you consider it unlikely that you will be able to meet the required criteria, then you might prefer to secure your place in either the Sprint or Multi-sport squad – see contact details in the squad descriptions above.

Squad reviews: The objective is that swimmers can develop and progress through the squad pathway, thereby maximising the opportunity for swimmers to move up to the next squad. The coaches will be continuously assessing a swimmer's suitability for their current squad.

If a swimmer is not meeting the criteria, the review process is designed to give the swimmer a further opportunity to meet the criteria. If the swimmer is unable or unwilling to meet the criteria, then we look at other options for them and we will make that space in the squad available to a swimmer who is willing and able to progress up to the next squad level. The review process will be as follows:

- if a swimmer is not meeting the requirements during a training session (eg not meeting the training interval times, behaviour standards) then the coach may ask the swimmer to sit out the training session;
- if a swimmer is not meeting other squad criteria (eg attendance, discipline, targeted meets) the coach will discuss the situation with the swimmer and ensure they understand what is required to continue in the squad;
- if the swimmer continues to not meet the squad criteria, then the coach will discuss it with the swimmer and their parents/guardians and agree a timeframe for the swimmer to meet the criteria. The coach will also inform the Club President (on behalf of the Committee) of the agreed plan;
- if the swimmer doesn't subsequently meet and maintain the squad criteria, then the coach will make a recommendation to the Club Committee on what the appropriate alternative squad is for the swimmer.

Some of the criteria are clearly measurable (eg attendance, meeting qualifying times) but some of the criteria are subjective and involve judgement. Also, there may be special circumstances that need to be considered. If the swimmer or their parents/guardians consider there are special circumstances or have a different view to the coach about the swimmer meeting the criteria, then they can contact the Club President and then the Executive Committee of the club will review the situation with the parents/guardians and the coach to find the best outcome.

The coaches will also regularly assess a swimmer's suitability to move to the next squad, subject to there being available space in the next squad. A swimmer may be given the opportunity to trial for some or all of the sessions at the next squad.

We recognise that the updated criteria may require changes by some swimmers – in terms of either their level of commitment and/or moves to other squads, and this term provides an opportunity for any transitions. We believe that the long-term benefits of having and consistently applying these updated criteria will ultimately benefit the swimmers and the club by enabling the coaches to provide more effective and tailored training programmes to each squad. It will also optimise the opportunity for swimmers to progress along the pathway to the next squad. If you have any questions or would like to understand more about the criteria then please discuss this with your coach or talk to Simon Till, the Club President – email president@unitedswimmingclub.co.nz or call on 021 777 807