



NORTH CORNWALL

# DRAGONS

## SQUAD STRUCTURE

### Development Squad

Development Squad is the next step for swimmers who have achieved a higher skill level in all 4 strokes. Emphasis will be on technique, but endurance and sprint work through “sets” will be introduced.

Swimmers will be encouraged to enter Club Gala’s and Level 3 gala’s when suitable.

#### Criteria

Able to complete 50FC, 50BS and 50BS and 25FLY with turns.

Able to dive in at the deep end, push and glide on both back and front.

### Intermediate Squad

Intermediate Squad is focused on stroke improvement and swimmers developing the required skills to compete across all events. Aerobic fitness and basic speed will be developed by following a seasonal plan.

Swimmers are encouraged to enter galas within the County and Long Course galas when suitable.

#### Criteria

Capable of completing 200FC, 100BK, 100BR and 50FLY.

Capable of completing 100IM to competition standard.

Attendance at a minimum of two sessions per week is encouraged.

### County Squad

County Squad is focused on race development and competition preparation/performance through stroke specific sets and a progressive seasonal plan designed to peak at championship meets (County and Regional competitions).

Swimmers are encouraged to compete regularly both Short Course and Long Course throughout the season, as well as enter Championship meets where times are achieved.

#### Criteria

Capable of completing 200IM to competition standard.

Committed to competing regularly in order to achieve championship meet qualifying times.

Attendance at Long Course sessions where available.

Attendance at a minimum of three sessions per week is required.

Please note: Swimmers will be appointed to the County Squad at the discretion of the Head Coach regardless of qualifying times achieved.



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## County+ Squad

County Squad is focused on race development and competition preparation/performance through stroke specific sets and a progressive seasonal plan designed to peak at championship meets (County and Regional competitions).

Swimmers are encouraged to compete regularly both Short Course and Long Course throughout the season, as well as enter Championship meets where times are achieved.

### Criteria

Capable of completing 200IM to competition standard.

Committed to competing regularly in order to achieve championship meet qualifying times.

Attendance at Long Course sessions where available.

Attendance at a minimum of three sessions per week is required.

Attendance at Dryland training and invite only sessions.

Please note: Swimmers will be appointed to the County Squad at the discretion of the Head Coach regardless of qualifying times achieved.

## Regional Squad

Regional Squad is focused on race development and competition preparation/performance through stroke specific sets and a progressive seasonal plan designed to peak at championship meets (County, Regional and National competitions).

Swimmers are required to compete regularly both Short Course and Long Course throughout the season as well as enter Championship meets where times are achieved.

### Criteria

The criteria is individually based and can be discussed with the Head Coach.