



# NORTH CORNWALL DRAGONS

## SQUAD STRUCTURE

### Club Link

Club Link is aimed at swimmers who have been in swimming lessons and are keen on learning to swim competitively.

Swimmers from the age of 8 who have reached the standard of ASA Level 7 will be considered for entry to this squad. Here the emphasis is on Technique, including competitive starts & turns.

### Aim

The main aim in the Club Link Squad is to aid the development of younger swimmers, to teach younger swimmers competitive swimming drills to develop skills and technique of younger swimmers, to prepare younger swimmers for the competitive squads and competitions, as well as to introduce swimmers to the concept of competitive training.

### 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.



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## **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.

## **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.

## **Fitness+ Squad**

Fitness+ Squad is for those swimmers that do not attend the training sessions offered consistently. Swimmers either enter the Short Course / Long Course galas on occasions or do not enter any galas available, swimming for fitness only.