

BSM Marlins Swimming Squad Criteria 2024/25

Following the guidelines of the Swim England LTAD (Long Term Athlete Development), below are the criteria for each squad within the Aquatic programme. With regards to the criteria, it is a guideline only that allows swimmers, parents and coaches to assess and understand what is expected, whilst allowing targets to be set for each swimmer.

The Coaching Team will look at a range of additional criteria, such as:

- Biological Age
- Maturation Age
- Developmental Age
- Natural Ability
- Attendance and Commitment
- Attitude
- Competition Performance

Although a swimmer may not fulfil all of a particular squad's criteria, they may excel in other areas, which will be taken into consideration. This will give each individual swimmer the opportunity to fulfil their individual potential.

Please note that the set criteria for each squad will be reviewed at the end of each Term.

2024-25 season criteria

There are five squads within the swimming **Performance Pathway** (Squads P1 – P5).

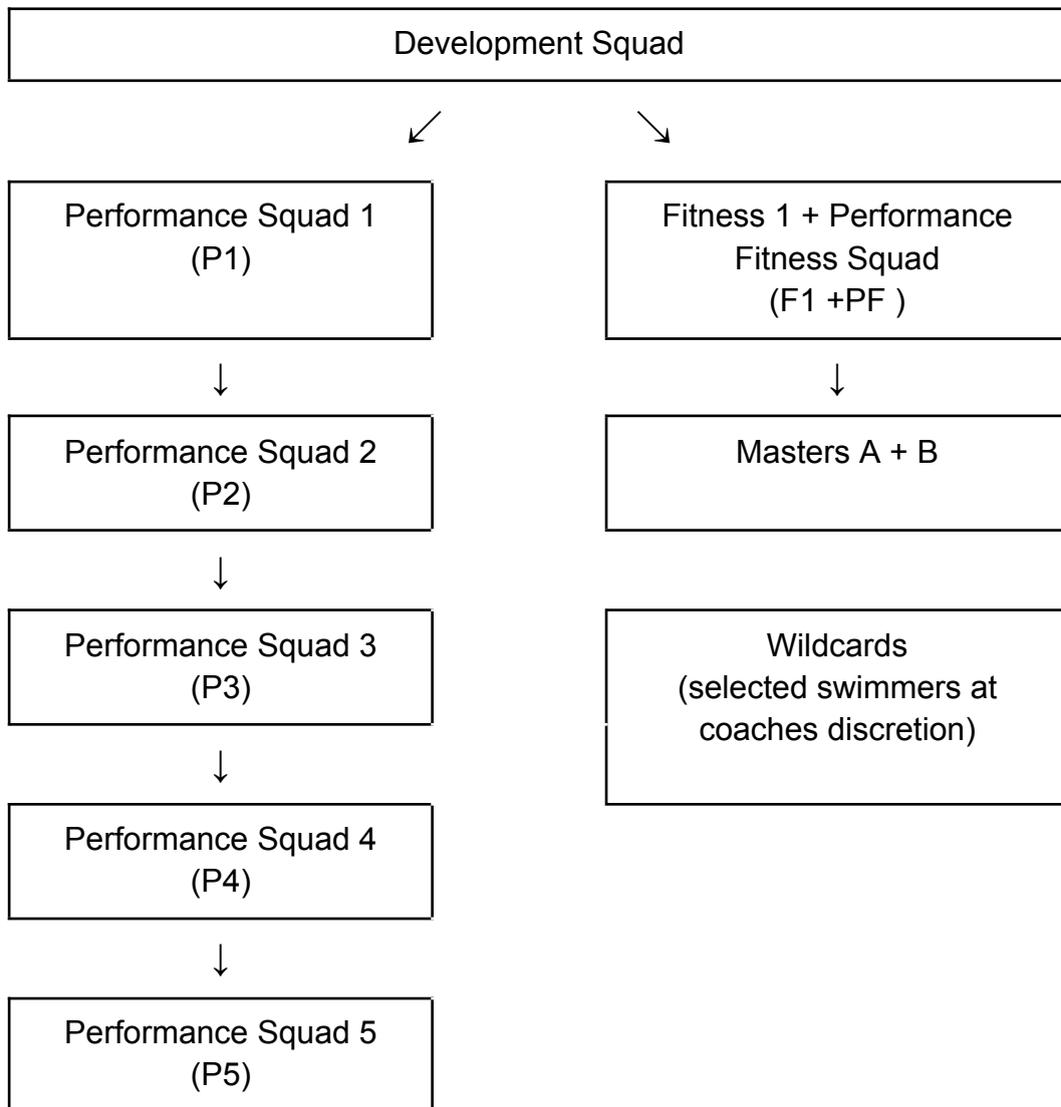
There are four squads within the **Fitness pathway** (Fitness 1, Performance Fitness, Masters A and Masters B).

There is also a 'wild card' squad, where swimmers and their sessions are selected at the discretion of the coach.

There is a Development squad which will allow younger swimmers the opportunity to train, before transitioning into either the Performance or Fitness stream.

All final decisions regarding squad allocations are at the discretion of the Coaching Team.

BSM Marlins Squad Structure



Squads/training groups

The Development Squad

This is an entry level squad for all swimmers who wish to train with BSM Marlins, and who fulfil the entry criteria below. Swimmers will be assessed regularly to enable them to transition into either the performance or the fitness stream.

Age: 8-11

Training Target: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 6 x 100m freestyle on a 2 min 30 secs cycle, maintaining reasonable technique.

Minimum Requirements:

Enter / swim in club designated competitions as requested by the Coaching team.

Represent the team at all levels of competition. Follow team goals and rules.

Work and train together as a team.

Have a general understanding of how to use a pace clock.

Have a good understanding of streamlining.

Be able to hold technique on freestyle for 6 x 100s on a 2 minute 30 sec cycle.

Be able to maintain reasonable technique for up to 100m in backstroke and breaststroke.

Be able to swim butterfly for 25m and or make an attempt to swim butterfly (technique is not essential at this stage).

Be able to carry out freestyle tumble turns and have an understanding of backstroke tumble turns.

Be able to carry out a racing dive.

The Performance Stream

The Performance stream is for those swimmers wishing to compete and train towards competitions as set by the coaching team. There are five squads within the Performance stream.

Performance 1 Squad (P1)

Age: 8-12

Training Target: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 6 x 100m on a 2 minute and 10 second cycle, holding technique.

Minimum Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition. Follow team goals and rules.

Work and train together as a team.

Understand how to read a pace clock.

Push off the wall in a streamline.

Be able to hold efficient technique on backstroke and breaststroke for 200m.

Be able to hold technique on Butterfly for 25 metres.

Be able to complete freestyle and backstroke tumble turns, as well as breaststroke pull downs.

Be able to complete a legal 100m Individual Medley in a time under 2 minutes.

Must be competing at a minimum of five competitions within a season.

Must have official times in at least two strokes over 50m in distance (ie, 100m freestyle/ 100m backstroke)

Must have a training snorkel at all sessions for drill/skill work.

Performance 2 Squad (P2)

Age: 10-14

Training Target: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 8 x 100m on a 1 min 55 second cycle, holding technique.

Minimum Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Being goal oriented in order to achieve your maximum potential.

Follow team goals and rules.

Work and train together as a team.

Have achieved times in at least three strokes up to 100m, as well as 200IM.

Be able to tumble turn on freestyle and backstroke into effective underwater butterfly kick/streamline.

Be able to carry out legal Individual medley turns.

Know how to use a pace clock.

Be able to hold efficient technique on all four strokes.

Compete in competitions throughout the year, as discussed with the coaching team.

Must bring their own equipment to training: Fins, paddles, pull buoy, kickboard, snorkel.

Performance 3 Squad (P3)

Age: 11-16

Training Requirement: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 10 x 100m on a 1 min 45 seconds cycle, holding reasonable technique and underwater work.

In addition, P3 swimmers should be aiming to qualify for and compete at competitions in Dubai.

Minimum Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Being goal oriented in order to achieve your maximum potential.

Follow team goals and rules.

Work and train together as a team.

Do their pre-pool/dryland unprompted and unaided.

Have achieved times in all four strokes up to 100m, as well as 200IM.

Know how to use a pace clock within training.

Be able to hold efficient technique on all Strokes.

Maintain efficient streamlines and fly kicks throughout sessions

Compete in competitions throughout the year, as discussed with the coaching team.

Must bring their own equipment to training: Fins, paddles, pull buoy, kickboard, snorkel.

Performance 4 Squad (P4)

Age: 12+ (if at required level)

Training Requirement: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 15 x 100m on a 1 min 35 seconds cycle.

In addition, P4 swimmers should be aiming to qualify for and compete at Level 1 Hamilton Aquatics meets throughout the season.

Minimum Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Being goal oriented in order to achieve your maximum potential.

Do their pre-pool/dryland unprompted and unaided.

Have achieved times in all four strokes up to 100m and times in at least three strokes up to 200m, as well as 200IM.

Follow team goals and rules.

Attend land training as and when requested by the Head Coach.

Work and train together as a team.

Attend a minimum of 1 morning session per week.

Maintain efficient streamlines and fly kicks throughout sessions

Compete in competitions throughout the year, as discussed with the coaching team.

Must bring their own equipment to training: Fins, paddles, pull buoy, kickboard, snorkel.

Be ready to get in the water on time unless School/activity finishing time prevents this.

Compete in competitions throughout the year, as discussed with the coaching team.

Must bring their own equipment to training: Fins, paddles, pull buoy, kickboard, snorkel.

Performance 5 Squad (P5)

Age: 13+

Training Requirement: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 20 x 100m on a 1 min 30 seconds cycle.

In addition, P5 swimmers should be aiming to qualify for and compete at The Dubai Open Championships, as well as aiming for National Championships in their respective countries. P5 swimmers are an example to the rest of the team in the way that they behave and conduct themselves whilst at the BSM pool and at competitions.

Other minimum Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Being goal oriented in order to achieve your maximum potential.

Do their pre-pool/dryland before training, unprompted and unaided.

Be ready to get in the water on time unless School/activity finishing time prevents this.

Follow team goals and rules.

Attend land training as and when requested by the Head Coach.

Work and train together as a team.

Attend a minimum of 2 morning sessions per week.

Maintain efficient streamlines and fly kicks throughout sessions

Compete in competitions throughout the year, as discussed with the coaching team.

Must bring their own equipment to training: Fins, paddles, pull buoy, kickboard, snorkel.

The Swim Fitness Stream

The swim fitness stream is for those swimmers wishing to train, without the sole focus of working towards competitions as set by the coaching Team.

Fitness 1 Squad (F1)

Age: 11-16

Training Target: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 6 x 100m on a 2 minute cycle, holding technique.

Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Follow team goals and rules.

Work and train together as a team.

Know how to use a pace clock.

Be able to hold efficient technique on 3 Strokes over 50 metres.

Be able to hold technique on Butterfly over 25 metres.

Have a good understanding of streamlining.

Be able to complete freestyle and backstroke tumble turns.

Performance Fitness Squad

Age: 14-18

Training Target: 75% monthly attendance of sessions available

Guideline ability level: In addition to the below criteria, each swimmer should be able to complete a set of 10 x 100m on a 1 minute 45 sec cycle, holding technique.

Requirements:

Enter / swim in club designated competitions and championships for which they have qualified.

Represent the team at all levels of competition.

Follow team goals and rules.

Work and train together as a team.

Be at a minimum of P3 level in terms of ability and speed.

Wildcard Squad

These are for swimmers who have achieved specific times (for 50m events, as per the below qualifying times) in competitions over the past 12 months but who are not able to commit to a specific squad/schedule every week. Wildcard swimmers are expected to compete at meets throughout the season and to aim for the Level 1 competitions in Dubai. The proposed weekly training schedule will be discussed/agreed at the start of each term, between the swimmer and the Coach.

Minimum times to have been achieved in the past 12 months:

	Female	Male
50m Butterfly	32.00	29.00
50m Backstroke	35.00	31.00
50m Breaststroke	38.00	34.00
50m Freestyle	30.00	27.00

Masters A

Age: 16+

This is a Masters 'Performance' squad for those swimmers at a more advanced level, and those who may wish to participate in swimming events or competitions.

In addition to the below criteria, each swimmer should be able to complete a set of 8 x 100m off a 2 minute cycle, holding technique.

Requirements:

Represent the team at all levels of competition.

Follow team goals and rules, and work and train together as a team.

Have a general understanding of how to use a pace clock.

Be able to hold efficient technique on 3 Strokes over 50 metres.

Have an understanding of freestyle turns.

Masters B Squad

Age: 16+

This is a Masters training session for those who wish to improve their swimming technique and fitness.

Please note that sessions are at least 1 hour long and you should have a competent level of swim fitness and freestyle to take part.

Requirements:

Each swimmer should be able to complete a set of 6 x 100m freestyle off a 2 minute 30 second cycle.

In addition to freestyle, swimmers should be able to complete breaststroke and backstroke for at least 50m.

Work and train together as a team.