

Gold Squad Criteria

Club Policy Document

This document outlines the squad policies and guidelines of the Gold Squad. The coaching team meet regularly to review athlete progression. Coaches operate full discretion when implementing the Policy below. All decisions made will be communicated to athletes/parents as appropriate and within a suitable time frame. Any queries regarding the content below may be directed to the coaching team.

Entry Criteria

- No Minimum Age (Max Age 16)
- Attendance – 80% of Available Sessions
- Consistent Positive Attitude
- Aiming Towards District Times for Age Group
- Aiming Towards National Times (Scottish) & International Meet Times (EISM)
- Achieving Times within 30% of National Entry Time for Age Group (50, 100 & 200m)
- Ability to use pace clock
- Willingness to compete in 200m + events
- Swim 200m IM legally
- Good Stroke Technique
- Can Hold 6 x 100m on 2:00

Expectations

- Full commitment to training is required
- Full commitment to swim camps, if appropriate, is required
- Full commitment to attending agreed key competitions each season
- Being focused and prepared for all training sessions and competitions is essential
- 80% attendance at agreed swimming sessions is required
- Athletes must comply with all the relevant policies and procedures
- Full season commitment is required; training from August right through to the summer “key meets” at the end of each season
- A “Team First” attitude is required and role model behaviour for the younger swimmers in the sport
- The attitude of a Gold swimmer must be consistent, respectful of the programme and the coaches, and athletes involved
- Respect and full support for the training programme is required by all athletes.