



# **BEXLEY Swimming Club**

Registered Charity No: 1156407



## **Group Training Objectives & Criteria - Bexley Swimming Club**

### **Performance Group**

There are no age limitations to Performance Group.

<b>Performance</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						0730-0930 (Crook Log)	
PM	Land					1830-1900 (Sidcup)		
	Swim	1900-2100 (Sidcup)	1700-1900 (Sidcup)		2030-2130 (Sidcup)	1930-2130 (Sidcup)		1730-1930 (Sidcup)

### **To remain in this group you must**

- Have minimum of 1 current Kent County qualifying time (100m and above)
- Attend all sessions as directed by the Group coach
- An injury history that allows you to complete relevant training
- Appropriately developed technical skills
- Hunger to train & improve
- Logbook kept up to date with the following details; distance covered for each session; current PB's; & competition results
- Respect for coaching staff
- Willingness to learn
- Good lane discipline
- Punctuality

Attendance for Performance Group is expected to be at the specified level or above. The coach will initially give a verbal warning to both swimmer & parent. If no immediate improvement then a written warning will be issued. If still no improvement, then the swimmer may be reallocated to another group (space permitting).

### **Other promotion considerations**

#### **Fast track**

If a swimmer demonstrates exceptional ability and is prepared to make the commitment to the training required, they may be progressed to the next level early.

#### **Delayed entry**

If it is considered to be in the best interest of a swimmer, progression may be delayed until such time it is deemed appropriate for them to move.

### **Decision makers**

The Head Coach, or Assistant Head Coach will be accountable for all decisions relating to movement between groups. Each decision will be made in consultation with the relevant group coach. Their decision will be final.

### **When will swimmers move?**

Bexley has a continuous assessment policy. Swimmers can be moved at any time.