



Founded 1968

Bexley Swimming Club

Registered Charity - Number 1156407

BEXLEY SWIMMING CLUB SQUAD CRITERIA 15/16:

STARTER SQUAD: (ATTEND MINIMUM 2/3 SESSIONS)

- Attend all sessions for development of swimming skills
- Attend Club Championships + Time Trial Sessions
- Coaches Discretion

E SQUAD: (ATTEND MINIMUM 3/4 SESSIONS)

- Attend all sessions for Skill Progression
- Attend Club Championships + Time Trial Sessions
- Option to be selected for Tudor League Team
- Coaches Discretion

D SQUAD: (ATTEND MINIMUM 3/4 SESSIONS)

- Attend all sessions for Skill Progression
- Attend Club Championships + Time Trial Sessions
- Option to be selected for Tudor League Team
- If qualification times are met, enter level 3 competitions – *See Competition Table for Details/ASA Website*
- Coaches Discretion
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C SQUAD: (ATTEND MINIMUM 4/5 SESSIONS)

- Attend all sessions for stamina building, skill practice & race progression skills
- Attend Club Championships + Time Trial Sessions
- Option to be selected for Tudor League Team
- To be entering level 2 & 3 competitions if qualification times are met – *See Competition Table for Details/ASA Website*
- Coaches Discretion



B SQUAD: (ATTEND MINIMUM 5/7 SESSIONS + LAND TRAINING)

- Attend all sessions for skill practice, stamina & race progression skills
- Attend “at least” 1 morning session
- MUST Attend Club Championships
- Option to be selected for Tudor League Team
- Enter Level 1,2&3 Competitions if qualified. See Competition Info.
- Aiming towards County and Regional Championship Qualifying Times
- Coaches Discretion

A SQUAD: (ATTEND MINIMUM 5/8 SESSIONS + LAND TRAINING + EXTRA GYM/ABS SETS)

- Attend all sessions for improvement in competitive situations, race tactics, strategies and plans.
- Attend “at least” 1 morning session
- Tudor League Option (Head Coaches Discretion)
- Must Attend Club Championships
- Enter Only Level 1 & 2 Meets (Level 3 – Head Coaches Discretion)
- Attend County & Regional Championships (if qualified)
- Must discuss with coach which events to enter at open meets
- Must be willing to work extra outside of training hours
- Senior swimmers aged 14+ can apply to be a YA (Young Ambassador) good experience and option to take your Level 1 Teaching as soon as you turn 16.
- Coaches Discretion

***Any competitions that you want to enter outside of the recommended ones must be agreed by the Head Coach and the coach of the swimmer.**

Please Note: Relevant squad moves are made by the coaches at the end of each month.

Kind Regards,

Sean Perfect

(Bexley Swimming Club - Head Coach)

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**Christopher
Russell**
PROPERTY SERVICES

swim**21**
club