



Dereham Otters

Dereham & District Amateur Swimming Club

Elite Squad Policy

Squad Objectives

The goal of Elite squad is to perform at the 'Train-to-Win' level of the Dereham Otters LTAD pathway and develop the ideal commitment, attitude, training, and performance skills. The training program of this squad prioritises physiological, technical, and tactical development. In this squad swimmers prepare to qualify at Regional Championship level across multiple events and make regional finals in their main event. The workload and expectations increase significantly in this squad. Swimmers are exposed to an increase in hours, distances and level of competition and access to the Performance pathway. Within this squad some swimmers should show a preference towards a specific event and distance. Training frequency builds to training five times per week, of which they will follow a 12-week training cycle aiming to peak at selected competitions throughout the year. A normal 12-week training cycle for this squad covers all types of training. The constant for this squad is the distance covered each week. The intensity of individual sessions and weeks may change, but the distance covered remains relatively the same.

Squad entry standard

- Passed and maintain the elite squad minimum entry requirement.
- Reached their 13th birthday.
- Demonstrate performance level skills and knowledge across all strokes and skills.
- Perform fast competitive racing starts with effective underwater sequences and execute fast transitions and maintain this through a race.

Squad Age Range

13 years +. Once an athlete is 18 years of age, they must continue high performance level swimming at least podium position at County levels to stay within the competitive programme. At the age of 18 years should an athlete fail to continue meet elite squad minimum entry criteria, we will offer a place in one of our partnership schemes or Masters squads.

Squad Minimum Commitment

Athletes should be able to commit to a minimum of 6 hours per week, including 2 x 2 hour sessions.

Assessments

Athletes in elite squad will be continually assessed using test sets and practices. They must continue to meet the elite squad minimum entry requirement to maintain their place.

Target Competitions

Athletes in elite squad are expected to attend the following competitions: -

- Club Championships
- 6 x Level 3 competition per year
- 2 x Level 1 competition per year
- County Championships in multiple events
- Regional level qualification and participation.

Kit requirements

Athletes are expected to bring all equipment from the Performance 3 squad kit list to all their training sessions.

Code of Conduct

All athletes are expected to follow the Swimmers Code of Conduct