



# County Sligo Swim Club - Squad Entry Criteria 2022-23

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| Squad                       | Performance / Training Criteria   | Skill Criteria  | General Criteria  |
|-----------------------------|---|---|---|
| <b>Group 1 from Nippers</b> | <b>Aerobic test sets</b> <ul style="list-style-type: none"> <li>- 6 x 50 FS off 1.30, hold 26 sc</li> <li>- 6 x 25 BS off 1.10, hold 26 sc</li> <li>- 6 x 25 BrS off 1.15, hold 18 sc</li> <li>- 6 x 25 BF off 75 with fins, hold 16 sc</li> <li>- All must be done with 5m turns , correct underwater work and streamlining</li> </ul> | <b>At this stage swimmers should be</b> <ul style="list-style-type: none"> <li>- Lane and clock discipline</li> <li>- Be coachable</li> <li>- All of the above must be achieved and maintain in order to progress squads</li> </ul> | <b>75% Attendance with a review over a 2 month period</b><br><b>75% Gala attendance</b> <ul style="list-style-type: none"> <li>- Must understand Pre-pool</li> <li>- Demonstrates an understanding of sportsmanship</li> <li>- Target competitions, Aspiring and club galas</li> <li>- Recommended by Assistant Coach and approved by Head Coach</li> </ul> |
|                             | <b>Kick test sets</b> <ul style="list-style-type: none"> <li>- 6 x 50 Choice kick off 2.30, under 2.00</li> </ul>   |   |   |
|                             | <b>Target times / meets</b> <ul style="list-style-type: none"> <li>- 75 FS, 2.15</li> <li>- 100 IM, 3.00</li> <li>- Novice meets, Aspiring Champions meets, Regional Club meets, Northern League</li> </ul>   | <b>The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer</b>   |   |

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| <b>Group 2 from Group 1</b> | <b>Aerobic test sets</b> <ul style="list-style-type: none"> <li>- 8 x 75 FS off 2.15, hold 24 sc</li> <li>- 8 x 50 BS off 1.45, hold 24 sc</li> <li>- 8 x 50 BrS off 2.00, hold 16 sc</li> <li>- 8 x 25 BF off 65 with fins, hold 15 sc</li> <li>- All must be done with 5m turns , correct underwater work and streamlining</li> </ul> | <b>At this stage swimmers should be</b> <ul style="list-style-type: none"> <li>- 5m turns</li> <li>- Constant streamlining</li> <li>- Breath control</li> <li>- Ability to adjust pace</li> <li>- Know difference between maximum, fast, steady and slow swimming</li> <li>- Must understand and demonstrate accurate stroke counting</li> <li>- Lane and clock discipline</li> <li>- All of the above must be achieved and maintain in order to progress squads</li> <li>- Be coachable</li> </ul> | <b>80% Attendance with a review over a 2 month period</b><br><b>75% Gala attendance</b> <ul style="list-style-type: none"> <li>- Must understand the importance of flexibility/stretching</li> <li>- Demonstrates an understanding of sportsmanship</li> <li>- Target competitions SU Development, Regional galas and Quality meets,</li> <li>- Recommended by Assistant Coach and approved by Head Coach</li> </ul> |
|                             | <b>Kick test sets</b> <ul style="list-style-type: none"> <li>- 10 x 50 Choice kick off 2.15, under 1.40</li> </ul>  |   |  |
|                             | <b>Target times / meets</b> <ul style="list-style-type: none"> <li>- 100 FS, 3.00</li> <li>- 100 IM, 2.30</li> <li>- Competing at Swim Connacht meets, Club meets and Novice meets</li> </ul>   | <b>The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer</b>   |  |

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| <b>Group 3 from Group 2</b> | <b>Aerobic test sets</b> <ul style="list-style-type: none"> <li>- 16 x 100 FS off 2.0, hold 20 sc</li> <li>- 14 x 100 BS off 2.15, hold 22 sc</li> <li>- 12 x 100 BrS off 2.45, hold 14 sc</li> <li>- 12 x 50 BF off 80 with fins, hold 12 sc</li> <li>- 12 x 100 IM off 2.15, correct turns</li> <li>- All must be done with 5m turns , correct underwater work and streamlining</li> </ul> | <b>At this stage swimmers should be</b> <ul style="list-style-type: none"> <li>- 5m S/L turns</li> <li>- Breath control</li> <li>- Ability to adjust pace</li> <li>- Know difference between race pace, heart rate, aerobic sets</li> <li>- Ability to take own heart rate</li> <li>- Must understand and demonstrate accurate stroke counting, be mature and be coachable</li> <li>- All of the above must be achieved and maintain in order to progress squads</li> </ul> | <b>85% Attendance with a review over a 2 month period</b><br><b>80% Gala attendance</b> <ul style="list-style-type: none"> <li>- Must understand the importance of flexibility/stretching</li> <li>- Demonstrates an understanding of sportsmanship</li> <li>- Target competitions, Connacht Schools, Connacht LC Championships, age groups, and IAG Div 2</li> </ul> |
|                             | <b>Kick test sets</b> <ul style="list-style-type: none"> <li>- 12 x 75 Choice kick off 2.15, under 1.45</li> <li>- 10 x 50 FS kick off 90, under 1.15</li> </ul>   |   |   |
|                             | <b>Target times / meets</b> <ul style="list-style-type: none"> <li>- IAG Division 2</li> </ul>   | <b>The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer</b>   |   |

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| <b>Group 4 from Group 3</b> | <b>Aerobic test sets</b> <ul style="list-style-type: none"> <li>- 30 x 100 FS off 1.40, hold 18 sc</li> <li>- 20 x 100 BS off 1.50, hold 20 sc</li> <li>- 12 x 100 BrS off 2.15, hold 12 sc</li> <li>- 12 x 50 BF off 70, hold 14 sc</li> <li>- 8 x 200 IM off 3.40, correct turns</li> <li>- All must be done with 5m turns , correct underwater work and streamlining</li> </ul> | <b>At this stage swimmers should be</b> <ul style="list-style-type: none"> <li>- Making 7m turns</li> <li>- Constant streamlining</li> <li>- Breath control</li> <li>- Ability to adjust pace</li> <li>- Know difference between race pace, heart rate, aerobic sets</li> <li>- Ability to take own heart rate</li> <li>- Must understand and demonstrate accurate stroke counting, be mature and be coachable</li> <li>- All of the above must be achieved and maintain in order to progress squads</li> </ul> | <b>90% Attendance with a review over a 3-4 month period</b><br><b>90% Gala attendance</b> <ul style="list-style-type: none"> <li>- Must understand the importance of flexibility/stretching</li> <li>- Understand and apply heart measurements</li> <li>- Demonstrates an understanding of sportsmanship</li> <li>- Attendance at key meets</li> <li>- Target competitions, Connacht age groups and IAG Div1</li> <li>- Approved by national junior coach and head coach</li> </ul> |
|                             | <b>Kick test sets</b> <ul style="list-style-type: none"> <li>- 10 x 100 Choice kick off 2.10, under 1.55</li> <li>- 10 x 50 FS kick off 75, under 55</li> </ul>  |   |   |
|                             | <b>Target times / meets</b> <ul style="list-style-type: none"> <li>- 2/3 Irish Summer National qualifying times</li> <li>- Irish AG/Y/Open championships</li> <li>- If too young for Summer Nationals then 4 Qualifying times for Division 2</li> </ul>  | <b>The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer</b>   |   |

