



### Squad Criteria - Silver Squad

- 2 x County Qualifying Times
- Club Championships Attendance
- Full Set of PB's on British Rankings i.e. All 50m, 100m, 200m and 400m times
- Minimum 3 out of 4 sessions per week

*To gain Silver Squad membership Bronze Squad swimmers must have completed at least 4 weeks in Silver+ with 80%+ attendance to include at least 1 morning session per week. Silver+ squad membership is by invite only and includes one Gold Squad session in addition to normal Silver Squad sessions.*

### Squad Criteria - Gold Squad

- 3 x County Qualifying Times
- 1 x Regional Qualifying Time
- Club Championships Attendance
- Minimum 80% attendance to include at least 1 morning session per week
- Attendance expected at all Long Course Training Opportunities

### General Consideration Criteria

For movements between squads, coaches will make a judgment on how a swimmer will deal with the criteria above in addition to the following factors:

- Attendance - Sessions, Galas, Open Meets, Club Championships
- Attitude
- Maturity - Mental, Physical and Emotional