

Linslade Crusaders - Squad Criteria

Regional Squad Entry and Maintenance Criteria									
Competitions	Internal Splash Galas	Club Championships	League Galas	Invitation (Typ Sat Evening)	County Championships	Regional Championships	Open Meets	Beds County Squad - Representing	Beds County Squad - Training
Age 9-12	Must	Must	Must if Selected	Must if Selected	Aim to enter a full programme based on all qualifying and target events. Not entering qualifying events - Discuss with Head Coach	If achieving QT times - Aim to enter a full programme based on all qualifying and target events. Not entering qualifying events - discuss with Head Coach	Aim to compete at Club targeted meets to obtain QT times appropriate to goals. Non Targeted Meets - Discuss with Head Coach	Subject to invitation - Preferred unless agreed otherwise with Head Coach	Subject to invitation - Preferred unless agreed otherwise with Head Coach
Age 13+	Preferred	Must	Must if Selected	Must if Selected	Aim to enter a full programme based on all qualifying and target events. Not entering qualifying events - Discuss with Head Coach	If achieving QT times - Aim to enter a full programme based on all qualifying and target events. Not entering qualifying events - discuss with Head Coach	Aim to compete at Club targeted meets to obtain QT times appropriate to goals. Discuss with Head Coach	Subject to invitation - Preferred unless agreed otherwise with Head Coach	Subject to invitation - Preferred unless agreed otherwise with Head Coach
Entry Criteria	Personal	Times*			Training Requirements unless agreed by Head Coach	Maintenance			
Competes at Club Champs, competes at Open meets applicable to age and ability and as targeted by club. Competes at County and Regional Champs if QT time is held.	Refer to Code of Conduct	9-11 Within 1 sec 50m, 2 sec 100m or 3 sec 200m, 5 sec 400, 10 sec 800, 20 sec 1500m	12-13 Within 1 sec 50m, 2 sec 100m or 3 sec 200m, 5 sec 400, 10 sec 800, 20 sec 1500m	14+ Within 1 sec 50m, 2 sec 100m or 3 sec 200m, 5 sec 400, 10 sec 800, 20 sec 1500m	Attends Min 5 out of 6 available sessions. Missing any of min 5 sessions must be reported to head coach.	Along with times swimmers need to meet individual targets as set by Head Coach			
*Exceptions maybe made where a swimmer is expected to achieve QT times for the next Regional Championship. This is at the discretion of the Head Coach, Squad Manager and Club Chair									