



HARPENDEN SWIMMING CLUB
A.S.A. swim21 Accredited - Skill Development
Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : administrator@harpendensc.co.uk
Website : www.harpendensc.co.uk

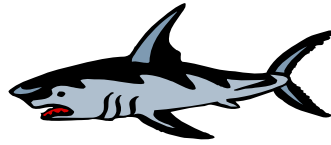
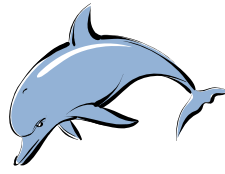


SQUAD CRITERIA

Swimmers who are accepted into the club following a trial will enter the SEAL squad (except in exceptional circumstances). The progression through the squads is as follows:



Affiliated Club



Seal
Dolphin
Shark
Senior Squad



In order to progress, swimmers need to meet the published criteria.

However movement into the next squad is also dependent on pool space available, and is at the discretion of the Chief Coach. Commitment to training, both in number of sessions attended and attitude to training, are also factors which will be taken into account.

The criteria can be found on the website in the members area, and may be updated from time to time. Please take the time to read them so that you know what is expected of swimmers in each squad.

Please note that there are some swimmers who do not currently meet every criterion for the squad in which they swim. We expect these swimmers to work hard to achieve all the criteria as soon as possible, but appreciate that introducing the formal criteria will require a “settling in period”. Please try to enter appropriate open meets to achieve any missing times.

Test sets will form part of the swim schedules, and will be spaced throughout the year so that the coaches can assess the progression of the swimmers.