



HADEN HILL SWIMMING CLUB

(AFFILIATED TO ASA AND ASA WEST MIDLAND REGION AND WCSA)



THE TOP SQUAD (TOPS)

MEMBERSHIP OF THE GROUP

This is the senior training group within the Club. It is a mixed sex group and has the widest age range and ability-band within the Club. It caters for swimmers at the top of the BAGCAT range and can also cope with the demands and expectations of master swimmers.

ASSESSMENT CONSIDERATIONS

The majority of swimmers in this group will be admitted as a result of their progress via the Swimmer Pathway at Haden Hill swimming Club and will have a tradition and track record to demonstrate their capability to adapt and progress. They will also be demonstrating a level of physical fitness and power to cope with the training demands and meterage of the group.

Progression to TOPS will be the result of discussion between the coaching staff where it is obvious that the swimmer has positive intent and the ability to cope with the demands and expectation of the Club and Coach. Swimmers coming from other swimming environments will be expected to present themselves for assessment and agree a defined time for assessment prior to permanent placement.

TO BE CONSIDERED FOR PLACEMENT IN TOPS SWIMMERS WILL NEED TO DEMONSTRATE:

- i. Possession of at least one County qualifying time - one of which should be over 200m
- ii. Regional or National potential or intent
- iii. Competence on all 4 strokes and the ability to complete according to asa laws a 400 IM
- iv. A desire and intent to set long and short term goals
- v. The ability to create and maintain a Log Book or personal record of achievement
- vi. The ability to read a pace clock and swimming session
- vii. A willingness to lead a lane
- viii. A willingness to follow the advice of the coach and act upon it
- ix. To be willing to swim for the club whenever selected and to take every step available to try and ensure availability for key competitions To swim at county level on a range of strokes over a variety of distances
- x. The signing and acceptance of the Swimmer's code of Conduct

The Aim of the Squad placement in TOPS is to maximise the outcomes for the swimmer and the Club to perform at the highest level in a variety of settings.



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TIMES AVAILABLE – ALL AT HHLC EXCEPT WEDNESDAY AT LANGLEY SWIM CENTRE

Water time	Sunday	15.00 - 17.00
	Monday	06.00 - 07.15
	Monday	21.00 - 22.15
	Tuesday	19.00 - 21.15
	Wednesday	06.15 - 07.00
	Wednesday	20.15 - 22.00 (Langley Swim Centre)
	Thursday	20.45 - 22.15

Land Training	Sunday	14.00 – 14.45
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TARGET ATTENDANCE

Ideally for this group 100% attendance – a minimum for those in full training 5 of the 7 sessions available. Failure to meet these criteria over time could lead to loss of access.