



# Mid Sussex Marlins



## Squad Criteria September 2024



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<b>Pre-Comp 2</b>	<b>Whole club expectations</b>
Age 8-11 (Guidance)	1 - Show constant demonstration of the club's core values 2 - Be available for all team events regardless of selection 3 - Be accountable when not achieving criteria and subsequent squad moved
Lead Coach – Ernesto Paniccia	4 - Allow 10 minutes before all sessions to complete pre pool and allow prep 5 - Be coachable. Listen and implement feedback given 6 - Complete all sessions to the best of your ability 7 - Follow code of conduct

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<b>Attendance</b>	<b>Timetable</b>
Higher attenders achieve better results! You achieve a higher volume of training, More coach interaction, and more specialised training.	Wednesday 19.00-20.00 Saturday 8.00-9.00 Sunday 16.30-17.30

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**Expected Attendance** 75% (3 hours available) This equates to 2 hours of training minimum.

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<b>Squad Requirements</b>	
	1 - Academy graduate or equivalent from another club 2 - Holds attendance of 75% or more 3 - Shows good technical and skill foundation 4 - Must use the pace clock independently and effectively 5 - Must attend open meets (where eligible) 6 - Upholds the expectations for all squads

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Criteria is designed to get the most out of every swimmer, it's not in place to penalize anybody. Squad places are not an entitlement and are designed to give every swimmer the opportunity to achieve what they are capable of and to gain the results from the dedication they can give.

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The Head Coach reserves the right of discretion for each individual swimmers' circumstances.

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<b>Pre-Comp 1</b> Age 8-11 (Guidance)  Lead Coach – Jonathan Vernon	<b>Whole club expectations</b> 1 - Show constant demonstration of the club's core values 2 - Be available for all team events regardless of selection 3 - Be accountable when not achieving criteria and subsequent squad moved 4 - Allow 10 minutes before all sessions to complete pre pool and allow prep 5 - Be coachable. Listen and implement feedback given 6 - Complete all session to the best of your ability 7 - Follow code of conduct
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<b>Attendance</b> Higher attenders achieve better results! You achieve a higher volume of training, More coach interaction, and more specialised training.	<b>Timetable</b> <table> <tr> <td>Wednesday</td> <td></td> <td>19.00-20.00</td> </tr> <tr> <td>Friday</td> <td></td> <td>19.00-20.00</td> </tr> <tr> <td>Saturday</td> <td>8.00-9.00</td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td>16.30-17.30</td> </tr> </table>	Wednesday		19.00-20.00	Friday		19.00-20.00	Saturday	8.00-9.00		Sunday		16.30-17.30
Wednesday		19.00-20.00											
Friday		19.00-20.00											
Saturday	8.00-9.00												
Sunday		16.30-17.30											

**Expected Attendance** 75% (4 hours available) This equates to 3 hours of training minimum.

<b>Squad Requirements</b>	1 - PC2 graduate or equivalent from another club 2 - Potential for county qualification 3 - Holds attendance of 75% or more 4 - Must complete both a 400m Free and 400m IM legally within the season 5 - Must attend open meets (where eligible) 6 - Upholds the expectations for all squads
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The Head Coach reserves the right of discretion for each individual swimmers' circumstances.



<b>Competitive 3</b>	<b>Whole club expectations</b>
Age 9-12 (Guidance)	1 - Show constant demonstration of the club's core values 2 - Be available for all team events regardless of selection 3 - Be accountable when not achieving criteria and subsequent squad move
Lead Coach – Ernesto Paniccia	4 - Allow 10 minutes before all sessions to complete pre pool and allow prep 5 - Be coachable. Listen and implement feedback given 6 - Complete all sessions to the best of your ability 7 - Follow code of conduct

<b>Attendance</b>	<b>Timetable</b>		
Higher attenders achieve better results! You achieve a higher volume of training, More coach interaction, and more specialised training.	Monday		19.00-20.00
	Tuesday	6.00-7.30	
	Friday		18.00-19.00
	Saturday	6.00-8.00	
	Sunday		17.30-19.00

**Expected Attendance** 60% (7 hours available) This equates to 4 hours of training minimum.

<b>Squad Requirements</b>
1 - PC1 graduate or equivalent from another club 2 - Potential for county qualification 3 - Holds attendance of 60% or more 4 – Competes in either 800m Free, 1500m Free, or 200m Fly within the season 5 - Must attend open meets 6 - Be able to swim 400m IM correctly and legally, including turns 7 - Upholds the expectations for all squads

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<p><b>Competitive 2</b> Age 12-15 (Guidance)</p> <p>Lead Coach – Rachael Bowen</p>	<p><b>Whole club expectations</b></p> <ol style="list-style-type: none"> <li>1 - Show constant demonstration of the club's core values</li> <li>2 - Be available for all team events regardless of selection</li> <li>3 - Be accountable when not achieving criteria and subsequent squad move</li> <li>4 - Allow 10 minutes before all sessions to complete pre pool and allow prep</li> <li>5 - Be coachable. Listen and implement feedback given</li> <li>6 - Complete all sessions to the best of your ability</li> <li>7 - Follow code of conduct</li> </ol>
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<p><b>Attendance</b></p> <p>Higher attenders achieve better results! You achieve a higher volume of training, More coach interaction, and more specialised training.</p>	<p><b>Timetable</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Monday</td> <td style="width: 30%;"></td> <td style="width: 40%; text-align: right;">20.00-21.00</td> </tr> <tr> <td>Tuesday</td> <td style="text-align: center;">6.00-7.30</td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td style="text-align: right;">20.00-21.00</td> </tr> <tr> <td>Friday</td> <td style="text-align: center;">6.00-7.30</td> <td></td> </tr> <tr> <td>Saturday</td> <td style="text-align: center;">6.00-8.00</td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td style="text-align: right;">17.30-19.00</td> </tr> </table>	Monday		20.00-21.00	Tuesday	6.00-7.30		Thursday		20.00-21.00	Friday	6.00-7.30		Saturday	6.00-8.00		Sunday		17.30-19.00
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Saturday	6.00-8.00																		
Sunday		17.30-19.00																	

<p><b>Expected Attendance</b> 60% (8.5 hours available) This equates to 5 hours of training minimum.</p>	<p><b>Land Training</b> Wednesday - 18.00-19.00</p>
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<p><b>Squad Requirements</b></p>	<ol style="list-style-type: none"> <li>1 - Potential to achieve county qualifying times</li> <li>2 - Holds attendance of 60% or more</li> <li>3 - Excellent technical and skill foundation</li> <li>4 - Must attend open meets</li> <li>5 – Competes in either an 800m Free, 1500m Free, or 200m Fly in the season</li> <li>6 - Upholds the expectations for all squads</li> </ol>
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The Head Coach reserves the right of discretion for each individual swimmers' circumstances.



<b>Competitive 1</b> Age 15-18 (Guidance)  Lead Coach – Ernesto Paniccia	<b>Whole club expectations</b> 1 - Show constant demonstration of the club's core values 2 - Be available for all team events regardless of selection 3 - Be accountable when not achieving criteria and subsequent squad move 4 - Allow 10 minutes before all sessions to complete pre pool and allow prep 5 - Be coachable. Listen and implement feedback given 6 - Complete all sessions to the best of your ability 7 - Follow code of conduct
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Sunday		17.30-19.00																	

<b>Expected Attendance</b> 60% (11.00 hours available) This equates to 6.5 hours of training.	<b>Land Training</b> Wednesday - 20.00-21.00
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<b>Squad Requirements</b>	1 - County qualifier 2 - Holds attendance of 60% or more 3 - Excellent technical and skill foundation 4 - Must attend open meets 5 - Competes in either an 800m Free, 1500m Free, or 200m Fly in the season 6 - Upholds the expectations for all squads
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<b>Performance 3</b>	<b>Whole club expectations</b>
Age 9-12 (Guidance)	1 - Show constant demonstration of the club's core values
	2 - Be available for all team events regardless of selection
	3 - Be accountable when not achieving criteria and subsequent squad move
Lead Coach – Ernesto Paniccia	4 - Allow 10 minutes before all sessions to complete pre pool and allow prep
	5 - Be coachable. Listen and implement feedback given
	6 - Complete all sessions to the best of your ability
	7 - Follow code of conduct

<b>Attendance</b>	<b>Timetable</b>		
Higher attenders achieve better results! You achieve a higher volume of training, More coach interaction, and more specialised training.	Monday		18.00-19.00
	Tuesday		19.15-21.15
	Thursday	6.00-7.30	18.00-19.30
	Saturday	6.00-8.00	

**Expected Attendance** 75% (8 hours available). This equates to 6 hours of training.

<b>Squad Requirements</b>	
	1 - County qualifier
	2 - Holds an attendance of 75% or more
	3 - PC1 Graduate or equivalent from another club
	4 - Excellent technical and skill foundation
	5 - Competes in an 800m Free, 1500m Free, and 200m Fly within the season
	6 - Can hold 20x100m Free on 1.45, and 10x200m Free on 3.30
	7 - Upholds the expectations for all squads

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<p><b>Performance 2</b> Age 12 -15 (Guidance)</p> <p>Lead Coach – Rachael Bowen</p>	<p><b>Whole club expectations</b></p> <ol style="list-style-type: none"> <li>1 - Show constant demonstration of the club's core values</li> <li>2 - Be available for all team events regardless of selection</li> <li>3 - Be accountable when not achieving criteria and subsequent squad move</li> <li>4 - Allow 10 minutes before all sessions to complete pre pool and allow prep</li> <li>5 - Be coachable. Listen and implement feedback given</li> <li>6 - Complete all sessions to the best of your ability</li> <li>7 - Follow code of conduct</li> </ol>
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<p><b>Expected Attendance</b> 75% (13.5 hours available) This equates to 10 hours of training minimum.</p>	<p><b>Land Training</b> Wednesday - 18.00-19.00</p>
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<p><b>Squad Requirements</b></p>	<ol style="list-style-type: none"> <li>1 - Aim for top 8 finisher at Counties</li> <li>2 - Potential to achieve regional base qualifying time</li> <li>3 - Holds an attendance of 75% or more</li> <li>4 - Competes in an 800m Free, 1500m Free, and 200m Fly within the season</li> <li>5 - Can hold 20x100m Free on 1.30, and 10x200m Free on 3.00</li> <li>6 - Attends land training every week</li> <li>7 - Upholds the expectations for all squads</li> </ol>
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<p><b>Performance 1</b> Age 15 -19 (Guidance)</p> <p>Lead Coach – Charlie Wood</p>	<p><b>Whole club expectations</b></p> <ol style="list-style-type: none"> <li>1 - Show constant demonstration of the club's core values</li> <li>2 - Be available for all team events regardless of selection</li> <li>3 - Be accountable when not achieving criteria and subsequent squad move</li> <li>4 - Allow 10 minutes before all sessions to complete pre pool and allow prep</li> <li>5 - Be coachable. Listen and implement feedback given</li> <li>6 - Complete all sessions to the best of your ability</li> <li>7 - Follow code of conduct</li> </ol>
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Thursday	6.00-7.30	18.00-20.00														
Friday	6.00-7.30	19.00-20.00 (extra hour available)														
Saturday	6.00-8.00															

<p><b>Expected Attendance</b> 75% (15 hours available, 16 when selected by coach) This equates to 12 hours of training minimum.</p>	<p><b>Land Training</b> Wednesday - 20.00-21.00</p>
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<p><b>Squad Requirements</b></p>	<ol style="list-style-type: none"> <li>1 - Holds 1 Regional base time, aiming for national qualifying.</li> <li>2 - Holds an attendance of 75% or more</li> <li>3 - Competes in an 800m Free, 1500m Free, and 200m Fly within the season</li> <li>4 - Can hold 20x100m Free on 1.25, and 10x200m Free on 2.50</li> <li>5 - Attends land training every week</li> <li>6 - Upholds the expectations for all squads</li> </ol>
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