

GRANDE PRAIRIE PIRANHAS SQUAD POLICIES & GUIDELINES

This document outlines the Squad policies and guidelines of
Grande Prairie Piranhas (GPP) Performance Programme

NATIONAL SQUAD

AIMS:

Provide the opportunity for swimmers to:

- Develop stroke specific and event specialization
- Strive to achieve qualification to National Championships
- Qualify for Swim Alberta and Swim Canada Programmes
- Swimmers on Junior/Senior International Teams

OBJECTIVES:

The Podium Squad objectives are to provide an environment where each swimmer can

- Maximize technical skill on No1 strokes
- Enhance tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Further develop Race pacing
- Development of individual stroke skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behavior and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

COMMITMENT CRITERIA:

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum of 16hrs+ pool & 5 land based training sessions per week specified by the Head Coach to each individual.
- Attendance must be a minimum of 95% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the Head Coach.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- All swimmers must compete in all National, Western & Provincial championships in which they qualify unless instructed otherwise by the Head Coach.
- Swimmers must maintain performances relevant to their age.
- Swimmers must have competent all round technical abilities and skills.
- Morning pool and land training sessions are compulsory.
- During exam periods, swimmers must discuss and agree a minimum training commitment.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the GPP Agreement Form by the date stated.
- Be considerate of GPP members and other swimmers at all times
- Strive to maintain and improve the minimum GPP Performance squad entry criteria
- Show demonstrable progress towards achieving the GPP objectives

From June of each year all places in the National Squad shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria the swimmers place in the squad may, at the sole discretion of the Head Coach, who will act reasonably based upon the circumstances, allow the swimmer to retain their place in the National squad. The Head Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

ENTRY CRITERIA

- Achievement of the **Performance standard, Trainability** and **Coach ability** outlined in the squad curriculum by the end of the season.
- Priority will be given to swimmers who have achieved National qualification and/or highest attendance.
- Consistently maintained previous GPP training/competition commitment.
- Fully complied with previous GPP squad criteria.
- Be fully committed to the squad aims and objectives.
- Maintained an up to date log book

EXIT CRITERIA

- Unable to attain the relevant performance standard.
- Unable to achieve the squad training test sets.
- Consistently unable to maintain the squads training commitment.
- Consistently unable to maintain the squad's competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Move to the Senior Provincial or Senior Squad as directed by the Head Coach.
- Exit months are December & July in each competition season.

Swimmers assessed by the Head Coach to have near term potential and or having longer term talent may be admitted or retained within a squad on a probationary period of between 6 – 12 months. The swimmer must be able to show commitment and demonstrable progress towards the overall squad criteria.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the National squad and all squad placement and movement is at the Head Coach's discretion. Swimmers who are unable or unwilling to fully achieve or maintain the squad commitment and entry criteria will be placed in the Senior Squad.

SENIOR PROVINCIAL SQUAD POLICIES & GUIDELINES

AIMS:

Provide the opportunity for swimmers to:

- Develop technique, training and long term potential in a performance environment
- Strive to achieve qualification to Spring Provincial/ Western Championships.
- Swimmers on Provincial Programmes

OBJECTIVES:

The squad objectives are to provide an environment where each swimmer can:

- Develop technical skill on all four strokes
- Development of tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Introduce and develop Race pacing
- Development of individual medley skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behaviour and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

COMMITMENT CRITERIA:

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum 14hrs+ pool & 4 land training sessions per week specified by the Head Coach to each individual.
- Attendance must be a minimum of 95% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the Head Coach.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- All swimmers must compete in all Provincial championships in which they qualify unless instructed otherwise by the Head Coach.
- Swimmers must have competent all round technical abilities and skills.
- Morning pool and land training sessions are compulsory.
- During exam periods, swimmers must discuss and agree a minimum training commitment.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the GPP Agreement Form by the date stated.
- Be considerate of GPP members and other swimmers at all times
- Swimmers must maintain performances relevant to their age.
- Strive to maintain and improve the minimum GPP entry criteria
- Show demonstrable progress towards achieving the GPP objectives

From June of each year all places in the Senior Provincial squad shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria the swimmers place in the squad may, at the discretion of the Head Coach, who will act reasonably based upon the circumstances, allow the swimmer to retain their place in the Senior Provincial squad. The Head Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

ENTRY CRITERIA

- Achievement of the **Performance standard, Trainability and Coach ability** outlined in the squad curriculum by the end of the season.
- Priority will be given to swimmers who have achieved Western Championship qualification and/or highest attendance.
- Consistently maintained previous GPP training/competition commitment.
- Fully complied with previous GPP Squad criteria.
- Be fully committed to the squad aims and objectives.
- Maintained an up to date log book

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the Senior Provincial squad and all squad placement and movement is at the Head Coaches discretion. Swimmers who are unable or unwilling to fully maintain the squad commitment criteria will be placed in the Senior Squad.

MOVEMENT CRITERIA

- January & June of each season all places in the Senior Provincial Squad shall be assessed and those swimmers continuing to progress maybe be offered a place in the National Squad for the next training cycle or swimming season if required. All other individuals will be retained in the current squad or offer a place in the Senior Squad for the next season. All squad placement and swimmers movement is at the Head Coaches discretion and is dependent on current age, commitment, work ethic, performance standards and long term potential.

EXIT CRITERIA

- Unable to attain the relevant Performance standard.
- Unable to achieve squad training test set.
- Consistently unable to maintain the squad training commitment.
- Consistently unable to maintain the squad competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Move to the Senior Squad as directed by the Head Coach.
- Exit months are December & July in each competition season.

Swimmers assessed by the Head Coach to have near term potential and or having longer term talent may be admitted or retained in the group on a probationary period of between 6 – 12 months. The swimmer must be able to show commitment and demonstrable progress towards the overall Squad criteria.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the Podium squad and all squad placement and movement is at the Head Coach's discretion. Swimmers who are unable or unwilling to fully achieve or maintain the squad commitment and entry criteria will be placed in the Senior Squad.

JUNIOR PROVINCIAL SQUAD POLICIES & GUIDELINES

AIMS:

Provide the opportunity for swimmers to:

- Develop technique, training and long term potential in a performance environment
- Strive to achieve qualification to Provincial competitions
- Swimmers on Provincial Programmes

OBJECTIVES:

The squad objectives are to provide an environment where each swimmer can:

- Develop technical skill on all four strokes
- Development of tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Introduce and develop Race pacing
- Development of individual medley skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behaviour and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

COMMITMENT CRITERIA:

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers must fulfil a minimum of 12 hours' pool & 3 land training sessions per week specified by the Head Coach to each individual.
- Attendance must be a minimum of 95% for the season. A swimmers position within the squad will be reviewed at any time if attendance is below the acceptable minimum.
- Swimmers must compete only in competitions/meets directed by the Head Coach.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- All swimmers must keep an up to date log book to be handed in when required by the Head Coach.
- All swimmers must compete in all Provincial championships in which they qualify unless instructed otherwise by the Head Coach.
- Swimmers must have competent all round technical abilities and skills.
- Morning pool and land training sessions are compulsory.
- During exam periods, swimmers must discuss and agree a minimum training commitment.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Signed, dated and returned the GPP Agreement Form by the date stated.
- Be considerate of GPP members and other swimmers at all times
- Swimmers must maintain performances relevant to their age.
- Strive to maintain and improve the minimum GPP entry criteria
- Show demonstrable progress towards achieving the GPP objectives

From June of each year all places in the Performance squads shall be reassessed and only those continuing to meet the entry criteria shall be offered a place for the next swimming season i.e. September to August. For the avoidance of doubt a place in the squad in the current swim year does not guarantee a place in the next year's squad.

In the event that a swimmer has a prolonged injury or illness that has affected the swimmers ability to achieve the entry criteria the swimmers place in the squad may, at the discretion of the Head Coach, who will act reasonably based upon the circumstances, allow the swimmer to retain their place in the Performance squads. The Head Coach will be able to insist on conditions that the swimmer makes certain commitments, which must be met, in order to retain their place.

ENTRY CRITERIA

- Achievement of the **Performance standard, Trainability** and **Coach ability** outlined in the squad curriculum by the end of the season.
- Priority will be given to swimmers who have achieved Spring Championship qualification and/or highest attendance.
- Consistently maintained previous GPP training/competition commitment.
- Fully complied with previous GPP Squad criteria.
- Be fully committed to the squad aims and objectives.
- Maintained an up to date log book

MOVEMENT CRITERIA

- January & June of each season all places in the Performance Squads shall be assessed and those swimmers continuing to progress shall be offered a place in the Senior Provincial or the National Squad for the next training cycle or swimming season if required. All other individuals will be retained in the current squad or offer a place in the Senior Squad for the next season. All squad placement and swimmers movement is at the Head Coaches discretion and is dependent on current age, commitment, work ethic, performance standards and long term potential.

EXIT CRITERIA

- Unable to attain the relevant Performance standard.
- Unable to achieve squad training test set.
- Consistently unable to maintain the squad training commitment.
- Consistently unable to maintain the squad competition commitment.
- Showing no demonstrable progress towards achieving the enclosed criteria.
- Move to the Senior Squad as directed by the Head Coach.
- Exit months are December & July in each competition season.

Swimmers assessed by the Head Coach to have near term potential and or having longer term talent may be admitted or retained in the group on a probationary period of between 6 – 12 months. The swimmer must be able to show commitment and demonstrable progress towards the overall Squad criteria.

Having satisfied all of the above criteria does not mean automatic acceptance or continual selection into the Performance squads and all squad placement and movement is at the Head Coaches discretion. Swimmers who are unable or unwilling to fully maintain the squad commitment criteria will be placed in the Youth or Senior Squad dependant on age.