

Derwentio Excel - Derbyshire Performance Swim Squad - Structure & Guideline Criteria

*Ages are a guide only.
Based on age as at 31st Dec in that year.
Swimmers must have competed or have been eligible to compete at the county champs*

Squads

Process Goals

Standard

Selections

Elite
14+yrs
4 per lane
20+ hours pool
2-4 gym

- Highest level race skills & technique
- Mastering a growth mindset
- Self reliant
- Viewed as a programme role model/Leader
- Build swimmer—>mentor/coach relationship
- Train & race to excel

British Champs level:
Places offered based on National rankings and/or FINA points score

Made for the start of each season. Possible selection in season at complete discretion of the coaches

National - South
12-18yrs
5-6 per lane
15+ hrs pool
2 gym

National - North
12-18yrs
5-6 per lane
15+ hrs pool
2 gym

- Developing high level race skills & technique
- Adopted a growth mindset
- Becoming self reliant
- Build coach—>swimmer partnership
- Train & race to compete

Swim England National level:
Places offered based on National rankings and/or FINA points. Girls must qualify for SEng national meet as a 16 yr old. Boys must qualify for SEng national meet as a 17 yr old

Made for the start of each season. Possible selection in season at complete discretion of the coaches

Regional - South
11-14yrs
7 per lane
12.5+ hrs pool
1 gym

Regional - North
11-14yrs
7 per lane
12.5+ hrs pool
1 gym

- Learning high level race skills & technique
- Learning a growth mindset
- Learning to be self reliant
- Build coach—>swimmer relationship
- Train & race to develop

Regional Champs level:
Places offered based on E.Mids/ Derbyshire rankings. Talent Camp and/or Derbyshire Junior Grand Prix, DASA champs performances. Top age for this squad is 14 yrs at Regionals

Made for the start of each training cycle (Sep, Jan, Apr/May)

Talent - South
10-12yrs
7 per lane
part time + home club

Talent - North
10-12yrs
7 per lane
part time + home club

- Intro. high level race skills & technique
- Intro. to a growth mindset
- Intro. coach—>swimmer relationship
- Train & race to Learn

County finalist level:
Places offered based on County/East Midlands rankings, Derbyshire Junior Grand Prix results and/or coach selection

Made for the start of each training cycle (Sep, Jan, Apr/May)

Derbyshire swimmers who meet the current standard of the programme will be invited by email/letter following consultation with their home club. Swimmer recommendations by home club coaches and direct enquiries regarding places on the programme are reviewed in line with the guideline criteria above. Wildcard selections may be made by the head coach using subjective reasoning. All selections are at the discretion of DX coaching team with final decision being made by DX Head Coach.