



**LOUGHBOROUGH
SWIMMING**

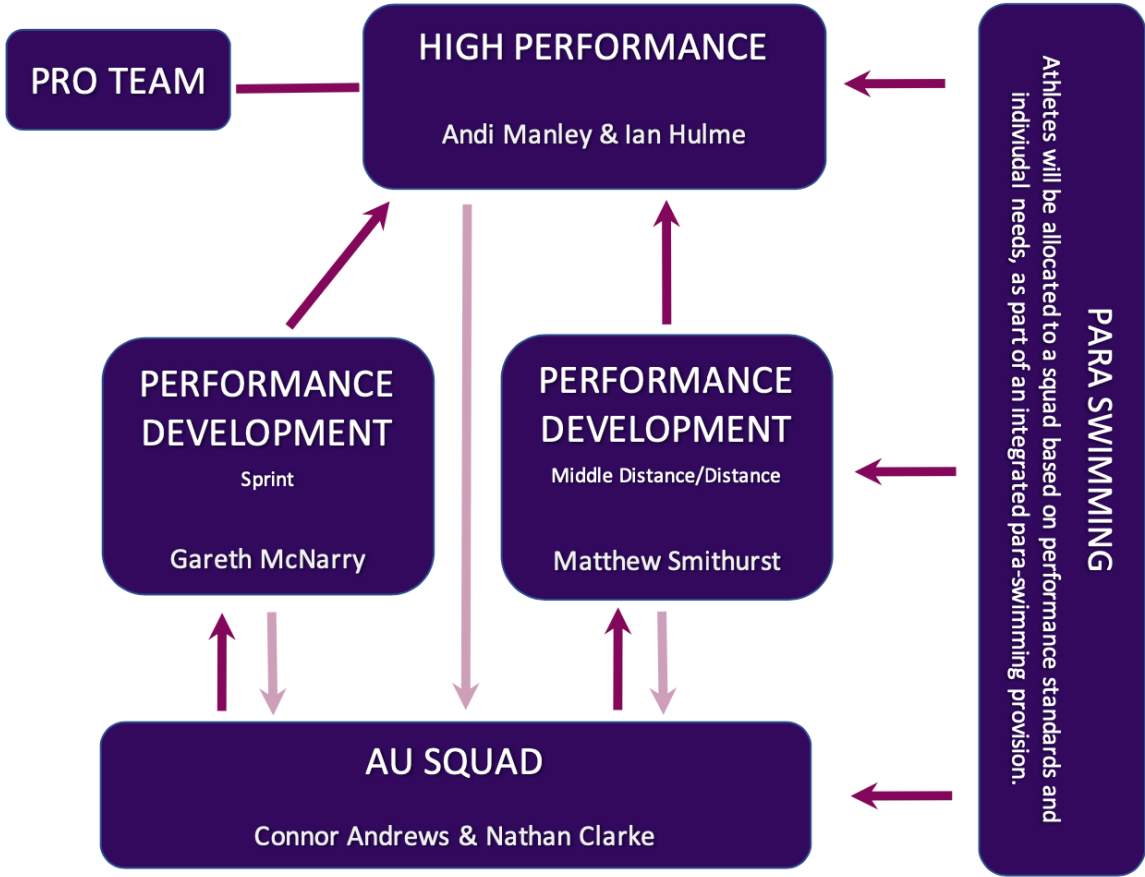
TEAM STRUCTURE & SELECTION CRITERIA
2020/2021

The impact of Covid-19 has necessitated the removal of the existing 2020/2021 selection criteria. Therefore, please disregard any previous selection standards you have seen.

The unforeseen break has also given us time to reflect on the team structure going forwards and how best we can drive the programme to even greater success over the coming seasons.

The information contained within this document will explain how Loughborough Swimming will be structured and how the squads will be selected from the start of the 2020/2021 season.

**Loughborough University Swimming
Squad Structure**



Our Vision

“To be the biggest and best senior swimming programme in Great Britain,
with a global reputation for fast swimming.”

1. HIGH PERFORMANCE SQUAD

To align with the vision and objectives of Loughborough University Swimming, the aims of this group are to develop athletes capable of achieving international selection/international success whilst contributing to the majority of the teams' BUCS points total for the season.

This squad will be jointly coached by Andi Manley and Ian Hulme and will be made up of athletes that cover a full range of events.

Athletes in this squad must be current students that are eligible to compete in BUCS Championships and as a minimum performance standard, will have achieved a short course OR long course consideration time from Section 8 since 1st April 2019.

The weekly training schedule will be tailored to each athletes' development plan but will include up to 10 pool sessions per week (5 LC/5 SC).

2. PERFORMANCE DEVELOPMENT SQUAD (Sprint)

To align with the vision and objectives of Loughborough University Swimming, the aims of this group are to:

- i) develop athletes that will contribute towards the teams' BUCS points total for the season,
- ii) be part of a pathway towards the High Performance Squad,
- iii) develop athletes that consistently swim best times season on season,
- iv) be a major factor in the Loughborough Swimming being the biggest and best team in GB at National Championships.

This squad will be made up of athletes that primarily specialise in 50m/100m events and will be lead by Coach Gareth McNarry.

Selection to this squad will be for athletes that are eligible to compete in BUCS Championships that have achieved a short course OR long course consideration time from Section 8 since 1st April 2019.

Places will be prioritised for those athletes that can contribute towards the overall aims of the squad.

The weekly schedule will include a minimum of 6 pool sessions and 6 S&C sessions.

3. PERFORMANCE DEVELOPMENT SQUAD (Middle Distance/Distance)

To align with the vision and objectives of Loughborough University Swimming, the aims of this group are to:

- i) develop athletes that will contribute towards the teams' BUCS points total for the season,
- ii) be part of a pathway towards the High Performance Squad,
- iii) develop athletes that consistently swim best times season on season,
- iv) be a major factor in the Loughborough Swimming being the biggest and best team in GB at National Championships.

This squad will be made up of athletes focussed on middle distance and distance events and will be lead by Coach Matt Smithurst.

Selection to this squad will be for athletes that are eligible to compete in BUCS Championships that have achieved a short course OR long course consideration time from Section 8 since 1st April 2019.

Places will be prioritised for those athletes that can contribute towards the overall aims of the squad.

The weekly training schedule will be tailored to each athletes' development plan but will include up to 9 pool sessions per week.

4. AU SQUAD

This squad will be made up of a maximum of 24 athletes and will be jointly coached by Nathan Clarke and Connor Andrews. The weekly training schedule will include up to 8 pool sessions.

The aims of this squad are to provide a senior training environment for athletes with varying levels of performance and commitment. For some this will be a pathway into the Performance Development Squad, for others it will be to train and compete but without the 100% attendance expectations of the performance squads. Finally, it will also provide a training programme for athletes who have fitness as their aim, with no desire to compete.

Places in the squad will be allocated following Time Trials taking place in October (exact date to be confirmed) where performances will be ranked based on FINA points.

5. PRO TEAM

This squad will run as part of the High Performance Squad and will be jointly coached by Andi Manley and Ian Hulme.

Loughborough University Swimming welcomes full time, high performing athletes whose work ethic, attitude and behaviours will have a positive influence on the team and whose performances will advance the reputation of Loughborough University Swimming as a world class swimming programme.

Athletes can apply to be part of this group through completion of an application form, available online or by request, on which you should explain how you will enhance and contribute to the programme as a full time athlete.

There will be a monthly training fee of £100 payable at the start of each month.

6. PARA SWIMMING*

Loughborough University Swimming offers an integrated Para-Swimming provision led by Gareth McNarry. Para-swimmers will be considered for a place in any of the above-mentioned squads based on an assessment of individual needs and the following criteria:

High Performance Squad: A score of 700+ British Para-Points[†] (since 1st April 2019) and a valid National/International Para-Swimming classification.

Performance Development Squad: A score of 400+ British Para-Points[†] (since 1st April) 2019 and a valid National/International Para-Swimming classification.

Athletic Union Squad: Athletes with a score of under 400 British Para-Points (since 1st April 2019) or those who do not hold a valid National/International Para-Swimming classification will be invited to a trial event in October and subsequently may be able to access these sessions based on an assessment of individual athletic needs and development potential. Athletes requiring classification will be supported through this process.

All Para-Swimmers will then be expected to maintain an up to date classification status and medical records (as appropriate) at all times.

**This selection criteria is designed as a guide, and we would therefore encourage any interested para-athletes to contact the coaching team to discuss individual situations further.*

†A British Para-Swimming score will be used for both British and International applicants. International applicants wishing to know more about this system should contact the coaching team to discuss further. A score of this level also does not guarantee a place in a specific squad. Each athlete will be assessed based on their individual athletic needs and placed into an appropriate training group(s).

7. GENERAL CONDITIONS

All selections are subject to available places on the team and where necessary will be prioritised at the discretion of the Director of Swimming in conjunction with the Coaching Staff.

All athletes must agree to and sign the Loughborough University Performer Athlete Agreement, which governs your engagement in the Swimming programme for the 2020/2021 season.

Returning athletes must have demonstrated that they have met the programme commitment and athlete management requirements outlined below:

- 7.1 Make a full commitment to all aspects of Loughborough University Swimming.
- 7.2 Understanding that being part of the team is a privilege and not a right.
- 7.3 Fully support and contribute to the positive ethos and image of Loughborough University Swimming.
- 7.4 Taking responsibility for your own athletic development and performance, academic commitments/deadlines and performance lifestyle.
- 7.5 Always displaying a positive attitude, challenging yourself to operate outside your comfort zone, valuing excellence, being punctual and actively seeking and giving feedback.

Failure to meet any of the above may result in a swimmer being removed from their squad and/or asked to leave the programme.

Returning athletes should not automatically expect to be in the same squad as in previous seasons. The dynamic nature of Loughborough Swimming requires us to balance the groups each season in order to meet the aims of the programme.

Athletes who are unsuccessful in obtaining a place in the High Performance or Performance Development Squads will be able to participate in the Time Trials in early October for a space in the AU Squad.

There is no obligation for each squad to run at full capacity and similarly there may be exceptions made to the maximum squad numbers if doing so would enhance the daily training environment and/or contribute to achieving the overall aims of Loughborough University Swimming.

Achieving a consideration time is the minimum standard expected to be in one of the performance squads. It does not guarantee you a place in either the High Performance and Performance Development Squads and athletes will be allocated to a squad during pre-season.

The Director of Swimming reserves the right to allocate "wildcard" places on the team to any athlete that falls outside the aforementioned criteria.

8. CONSIDERATION TIMES (Performance Development & High Performance Squads)

Male			Female	
Short Course	Long Course		Short Course	Long Course
22.81	23.55	50m Free	25.82	26.65
50.61	52.83	100m Free	56.59	58.23
1:51.91	1:54.87	200m Free	2:04.07	2:07.24
3:59.04	4:07.85	400m Free	4:23.45	4:26.31
8:19.40	8:29.19	800m Free	8:59.85	9:05.99
15:55.12	16:20.98	1500m Free	17:15.82	17:16.68
25.02	27.03	50m Back	28.91	30.38
55.05	58.39	100m Back	1:01.97	1:04.83
1:58.96	2:06.05	200m Back	2:14.28	2:18.92
28.43	29.22	50m Brs	32.16	33.11
1:02.63	1:04.06	100m Brs	1:10.23	1:12.22
2:15.33	2:22.04	200m Brs	2:31.55	2:36.67
24.49	25.08	50m Fly	27.45	27.51
54.15	55.74	100m Fly	1:01.50	1:02.48
2:01.90	2:04.70	200m Fly	2:14.71	2:17.18
2:03.47	2:08.39	200m IM	2:17.24	2:22.04
4:25.23	4:34.62	400m IM	4:51.63	4:59.98

Times to have been achieved since 1st April 2019 up to 31st March 2020.