

COLSC SWIMMING TALENT PATHWAY

The COLSC structure is designed to provide the opportunity for Leicestershire based swimmers to follow a progressive talent pathway into higher levels of training. This progression will be achieved by maximising the talent pool at Satellite club through to City Podium Squad, in line with British Swimming policies and the LTAD/Swim 21 framework.

The COLSC structure allows a gradual progression of training for the swimmers, introducing morning & land training, as well as exposure to competition during the early stages of their development so that this can be built upon at a manageable rate to the point that swimmers can reach their potential at Youth & Senior levels.

*The main selection process for swimmers to be invited into the Development Squad occurs after the LASA County Championships in March. COLSC identify swimmers who have achieved the Standard Entry Times (which are set in line with the Regional Qualifying Times, for which swimmers will be targeting) in any stroke/distance (excluding 50's), looking at **AGE AT REGIONALS** (in June). Swimmers that will be aged 10-12 (the following June) will be considered, and identified swimmers will be invited to attend a trial session/day. The final selection for the following season (from September) will be made from there. COLSC will also ask for coach recommendations for the Development Squad in line with the entry criteria and ages to be taken into account. Invitations and trials for the Development Squad during the season will be space dependant, and will rely in the most part on coach recommendation (backed up by evidence of swimmer performance).*

The Senior Talent Squad is currently under review, but currently acts as a stepping stone into the COLSC pathway for swimmers who did not achieve entry times into the development squad aged 12/under, but who have later shown potential to achieve at Regional Level. Swimmers are to be identified by COLSC or Satellite coaches as recommendations having met the Standard Entry Criteria and wish to progress with their swimming development.

The tables below give a brief outline of the COLSC Squads, to show the progression through the squads from Development Squad through to Podium. They detail the objectives of each squad, swimmer age, session and competition commitment, and entry and exit criteria. These are to compliment the full squad policies which can be found at www.swimsquadleicester.co.uk.

Squad places are reviewed from June each year, and invitation on swimmers who do not meet entry requirements is at the Squad & Head Coaches discretion. Ages are set as a generalisation; swimmers may remain in squads beyond (or below) those ages if coaches feel they showing demonstrable progress towards the squad objectives.

Development Squad	
Squad Objective	Skill Development (All 4 strokes) Race Experience Introduction to Land Training Qualify for Regional Championships
Entry Criteria	2 x COLSC Qualifying Times (age as of Regionals in June) Main selection made from performances at LASAs in March for following season
Swimmers	Boys age 9-12, Girls age 9-11
Sessions	2 x Pool Sessions (3hr total) 1 x Land Session (30min) Must maintain 90% attendance To compliment 2-3 sessions with Base Club
Competition	Competition programme to target Regional Championships. 8 Open Meets + LASAs & Midland Championships (if qualified)
Exit Route	<ul style="list-style-type: none"> • Progression to COLSC Potential Squad -with qualifying time • Back to base club - not achieved qualifying time <ul style="list-style-type: none"> - not showing appropriate progression with potential to achieve Regional Qualifying Times (MQT) - unsatisfactory attitude/attendance

Senior Talent	
Squad Objective	A stepping stone into the COLSC programme for swimmers who have not previously got COLSC entry times Allow COLSC swimmers who have not achieved Regional times, but are still showing potential & commitment to continue to be a part of the pathway Allow COLSC swimmers who are unable to commit to Podium squad commitment to continue to be a part of the pathway Maximise technical skills on No1 stroke Improve/maintain aerobic conditioning and land training Swimmers qualifying for Regionals and in Regional finals
Entry Criteria	1 x COLSC Standard entry time (currently under review)
Swimmers	Age 14+
Sessions	6 x Pool Sessions (9.5hour total) 2 x Land Session (1hour total) Must maintain 90% attendance.
Competition	Competition programme to target Regional Championships. 8-10 Open Meets + LASAs 4 x Additional Qualifying Events: Midland SC Championships, Zonal Championships Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • COLSC Performance Squad • Progression to University Programme • Back to base club – not maintaining qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance

Potential Squad 2	
Squad Objective	Skill Development (All 4 strokes) Race Experience Improve aerobic conditioning and land training Qualify for Regional Championships
Entry Criteria	1 x Midland Qualifying Times (MQT) Mostly internal progression
Swimmers	Age 11-13
Sessions	5 x Pool Sessions (8.5hr total) 2 x Land Session (1hour15 total) Must maintain 90% attendance
Competition	Competition programme to target Regional Championships. 8-10 Open Meets + LASAs & Midland Championships Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • Progression to COLSC Potential Squad 1 - with qualifying time • Back to base club – not achieved qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance

Potential Squad 1	
Squad Objective	Skill Development (All 4 strokes) Race Experience Improve aerobic conditioning and land training Qualify for Regional Championships
Entry Criteria	2 x Midland Qualifying Times (MQT). Mostly internal progression
Swimmers	Age 12-14
Sessions	6 x Pool Sessions (10hr total) 2 x Land Session (1hour15 total) Must maintain 90% attendance.
Competition	Competition programme to target Regional Championships. 8-10 Open Meets + LASAs & Midland Championships Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • Progression to COLSC Performance Squad 2 – with qualifying time • Progression to Senior Talent – without qualifying time but still showing progression & potential • Back to base club – not achieved qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance

Performance Squad 2	
Squad Objective	Skill Development (All 4 strokes) Race Experience Improve aerobic conditioning and land training Swimmers in Regional Finals Swimmer achieving National Qualifying Times & in National finals Swimmers selected for Regional Programmes
Entry Criteria	2 x Midland Qualifying Times (MQT). Mostly internal progression.
Swimmers	Age 12-15
Sessions	6 x Pool Sessions (11hr15 total) 2 x Land Session (1hour15 total) Must maintain 90% attendance.
Competition	Competition programme to target Regional & National Championships. 8-10 Open Meets + LASAs 4 x Qualifying Events: Midland SC Championships/Midland Championships/Zonal Championships/National Championships Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • Progression to COLSC Performance Squad 1 – with qualifying time • Move to Senior Talent – without qualifying time but still showing progression & potential • Back to base club – not achieved qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance

Performance Squad 1	
Squad Objective	Skill Development (All 4 strokes) Race Exposure Lifestyle management Improve aerobic conditioning and land training Swimmers in Regional Finals Swimmer achieving National Qualifying Times & in National finals Swimmers selected for Regional Programmes & Junior International Teams
Entry Criteria	1 x swims within 3% National Time (excluding 50m Form events) Mostly internal progression.
Swimmers	Age 13-16
Sessions	7 x Pool Sessions (13hr total) 2 x Land Session (1hour30 total) Must maintain 90% attendance.
Competition	Competition programme to target Regional & National Championships. 8-10 Open Meets + LASAs 6 x Qualifying Events: Midland SC Championships/Midland Championships/Zonal Championships/National Championships/British Championships/British International Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • Progression to COLSC Podium Squad – with qualifying time • Move to Senior Talent – without qualifying time but still showing progression & potential <ul style="list-style-type: none"> - With qualifying time, but unable to commit to 8 sessions • Back to base club – not achieved qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance

Podium Squad	
Squad Objective	Maximise technical skills Improve aerobic conditioning and land training Swimmers in Regional & National Qualifying finals Swimmers selected for Regional & British Swimming Programmes Swimmers in International Teams
Entry Criteria	1 x swim within 3% National Time (excluding 50m Form events) Internal progression only
Swimmers	Age 15+
Sessions	8 x Pool Sessions (15hr + total) 2 x Land Session (1hour30 total) Must maintain 90% attendance.
Competition	Competition programme to target British & National Championships. Exposure to International Competition 10 Open Meets (to include Midland & Zonal Championships) + LASAs 4 x Additional Qualifying Events: National Championships/British Championships/British International Regional Open Water optional
Exit Route	<ul style="list-style-type: none"> • Progression to University Programme • Move to Senior Talent –unable to commit to 8 sessions • Back to base club – not maintaining qualifying times <ul style="list-style-type: none"> - unsatisfactory attitude/attendance