

Ellesmere College - Squad Criteria 2018/19 Season

From Titans Learn to Swim [TLTS] (9yr or younger) to Age Development Squad [ADS]

- Communication between Titans Learn to Swim Coordinator and Ellesmere College Titans (ECT) coaching team to initiate potential movement
- Trial period will be allocated by ECT coaching team
- The expectation will be that those swimmers selected will be able to complete the criteria after the trial period is concluded.

Age Development Squad [ADS]

- Swimmers must have an average attendance of 85% per school term
- Year 3 / 4 Males & Females joining the Titans will be expected to complete 200im 3.30 TBC and 400 free 6.30 TBC
- Males;
 - Year 5 & Year 6 based on 250 fina points
 - Year 7 350 fina points & T2 1.22 average pace
 - Year 8 400 fina points & T2 1.20 average pace
- Females;
 - Year 5 & Year 6 based on 275 fina points
 - Year 7 375 fina points & T2 1.26 average pace
 - Year 8 450 fina points & T2 1.24 average pace
- Based on 200m+ distance both Long Course and Short Course (Year 5 and above)
- Swimmers must prove during their time in AD that they are self-motivated, have the ability to self-manage themselves, be resilient, add something additional to the squad and have adhered to the clubs code of conduct
- If a swimmer hasn't met the qualification for transition into the APS, ECT will recommend local competitive swimming clubs.

Age Performance Squad [APS]

- Swimmers must have an average attendance of 85% per school term
- Males;
 - Year 8 Over 450 fina points & T3 1.20 average Pace
 - Year 9 450 fina points & T3 1.18 average pace
 - Year 10 550 fina points & T3 1.16 average pace
 - Year 11 650 fina points & T3 1.14 average pace
- Females;
 - Year 8 Over 500 fina points & T3 1.24 average pace
 - Year 9 500 fina points & T3 1.22 average pace
 - Year 10 575 fina points & T3 1.20 average pace
 - Year 11 650 fina points & T3 1.18 average pace
- Based on 200m+ distance Long Course Only
- Swimmers must have proven during their time in AP that they are self-motivated, have the ability to self-manage themselves, be resilient and add something additional to the squad, and adhered to the clubs' code of conduct

National Middle / Distance Squad [NMDS]

- Swimmers must have an average attendance of 85% per school term
- Males; Year 11 & Year 12 675 fina points / Post School 725 fina points & T3 average 1.12 average pace
- Females; Year 11 & Year 12 675 fina points / Post School 725 fina points & T3 average 1.16 average pace
- Based on 200m+ distance Long Course Only
- OW Criteria Male/Female not completing the fina points criteria and squad space dependant will need to complete the T3 faster than 34.00.00 (M) / 36.00.00 (F)
- Exceptional yr 10 swimmers that meet the fina point's criteria on the squad can become eligible, squad space dependent.
- Swimmers must continue in NPS being self-motivated, have the ability to self-manage themselves, be resilient and add something additional to the squad, and adhered to the clubs' code of conduct

National Sprint Squad [NSS]

- Swimmers must have an average attendance of 85% per school term
- Males ; Year 11 & Year 12 550 fina points / Post School 725 fina points & 10x50 (100PB x5 Target)
- Females; Year 11 & Year 12 550 fina points / Post School 725 fina points & 10x50 (100PB x5 Target)
- Based on 50m & 100m events both Long Course and Short Course
- Swimmers must continue in NPS being self-motivated, have the ability to self-manage themselves, be resilient and add something additional to the squad, and adhered to the clubs' code of conduct

Additional Information:

School Year based on age @ 31st August each year

T2000m / T3000m Time will be subject to change

12month leeway period will be in place for those already in the Titans to maintain a position.

FINA points will be expected within the 12month period and not just maintained through a previous seasons PB.