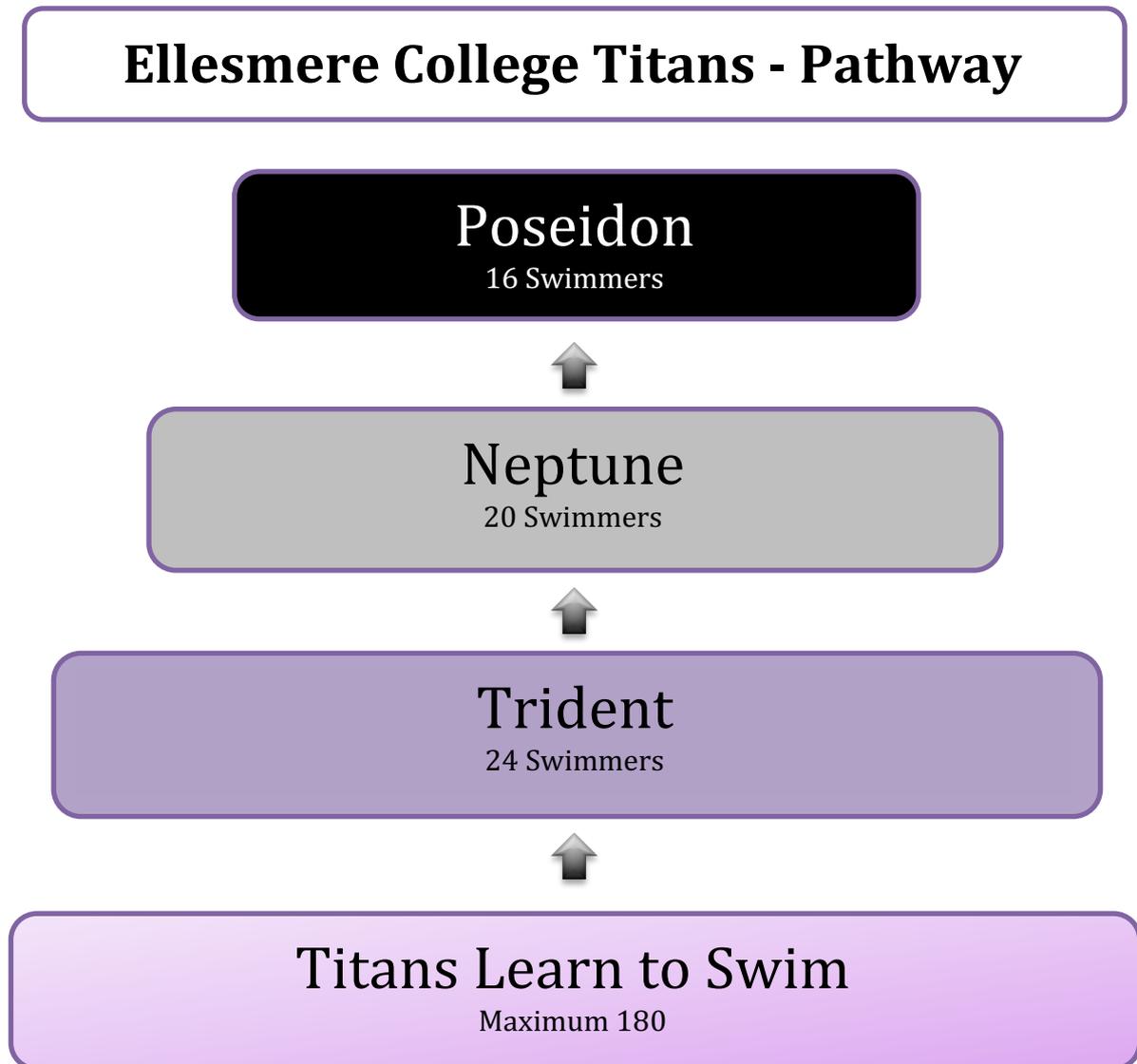


Pathway & Squad Criteria;

Our Titans squad pathway is designed to be progressive so that swimmers are able to develop along the various pathways in line with Titans and British Swimming's Optimal Athlete Development Framework (OADF) as a person, athlete and performer.





Ellesmere College Titans

Poseidon Squad 2020-21

Advised Entry Requirement: British Summer Championships
Lead: Alan Bircher alan.bircher@ellesmere.com

The Poseidon Squad (PS) will consist of pupils which have qualified for British Summer Championships. Selection into the PS is centred on behaviours, the person, the athlete, the performer and compatibility while being at the discretion of the Director of Swimming. The squad consists of male and female pupils in year 10+ and potentially others by appointment of the director of swimming. The students are required to be swimming specialists to remain eligible for the squad and maintain during term time period 85% attendance. Suitable OE pupils will also be eligible to train within the squad for an agreed period of time.

Target Meets

Cycle 1: Scottish Short Course Championships (Dec 2020)

Cycle 2: British Championships (April 2021)

Cycle 3: British Summer Championships (July 2021) / Home Nation Summer Championships (Aug 2021)

Other: Olympic Games, European Juniors, European Juniors Open Water, other home nations internationals.

Process Meets:

tbc

Training Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.15am	Gym 5.30-6.00am Swim 6.00-8.00am
PM	Gym 5.15-6.15pm Swim 6.15-7.45pm	Swim 4.15-6.00pm	Swim 2.00-4.15pm	Swim 2.00-4.15pm	Gym 5.00-5.45pm Swim 5.45-7.45pm	

If for any reason you're unable to attend a training session, please communicate this via email to your squad coach prior to the commencement of the session. Please adhere to your individual training plan, we have a program expectation that all swimmers will attend 85% of the training available during the school term, this takes into consideration training missed through illness, schoolwork and exams. Squad allocation and movement between squads is entirely at the performance coaching team and ultimately the director of swimming's discretion.

Where squads are full it may not be possible to accommodate expected movements.

Every swimmer will be expected to wear ECT branded kit at all competitions at all times with no exceptions.



Ellesmere College Titans Neptune Squad 2020-21

Advised Entry Requirement: English Home Nations / Regional Qualification time 200m+

Lead: Danny Proffitt coachproffitt2@gmail.com

The Neptune Squad (NS) will consist of pupils which have qualified for English Home Nations / Regional Championships 200m+ events and are striving for National Competition and Poseidon Squad standards. Selection into the NS is centred on behaviours, the person, the athlete, the performer and compatibility while being at the discretion of the Director of Swimming and Performance Coaches. The squad consists of male and female pupils in year 9+ and potentially others by appointment of the director of swimming and performance coaches. The students are required to be swimming specialists to remain eligible for the squad.

Target Meets

Cycle 1: Scottish Short Course Championships (Dec 2020) or Domestic Meet (Dec 2020)

Cycle 2: British Championships (April 2021) / West Midlands Championships (May 2021)

Cycle 3: British Summer Championships (July 2021) / Home Nation Summer Championships (Aug 2021)

Other:

Process Meets:

tbc

Training Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.00am
PM	Swim 4.45-6.15pm	Gym 5.15-6.00pm Swim 6.00-7.30pm	Swim 4.15-6.15pm	Swim 4.15-6.15pm	Swim 4.15-5.45pm Gym 6.00-6.45pm	

If for any reason you're unable to attend a training session, please communicate this via email to your squad coach prior to the commencement of the session. Please adhere to your individual training plan, we have a program expectation that all swimmers will attend 85% of the training available during the school term, this takes into consideration training missed through illness, schoolwork and exams. Squad allocation and movement between squads is entirely at the performance coaching team and ultimately the director of swimming's discretion.

Where squads are full it may not be possible to accommodate expected movements.

Every swimmer will be expected to wear ECT branded kit at all competitions at all times with no exceptions.



Ellesmere College Titans

Trident Squad 2020-21

Advised Entry Requirement: County / Regional Qualification time 200m+
Entry via Titans Learn to Swim selection process.

Lead: Amanda Wetherell coachawetherell@gmail.com

The Trident Squad (TS) will consist of pupils which have qualified for County / Regional Championships 200m+ events or have entered the ECT program via Titans Learn to Swim selection process and are striving for Regional / National Competition and Neptune Squad standards. Selection into the TS is centred on behaviours, the person, the athlete, the performer and compatibility while being at the discretion of the Director of Swimming and Performance Coaches. The squad consists of male and female pupils aged 9 years old and upwards.

Target Meets

Cycle 1: Domestic Meet (Dec 2020)

Cycle 2: West Midlands Championships (May 2021) / Domestic Meet (May 2021)

Cycle 3: Shropshire County Development Meet (July 2021) / Domestic Meet (July 2021)

Home Nations Summer Championships (Aug 2021)

Other:

Process Meets:

tbc

Training Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.00am		Gym 5.30-6.00am Swim 6.00-8.00am	
PM	Swim 5.45-7.45pm	Swim 4.30-6.00pm		Swim 3.30-5.00pm	Gym 4.30-5.00pm Swim 5.00-7.00pm	

If for any reason you're unable to attend a training session, please communicate this via email to your squad coach prior to the commencement of the session. Please adhere to your individual training plan, we have a program expectation that all swimmers will attend 85% of the training available during the school term, this takes into consideration training missed through illness, schoolwork and exams. Squad allocation and movement between squads is entirely at the performance coaching team and ultimately the director of swimming's discretion.

Where squads are full it may not be possible to accommodate expected movements.

Every swimmer will be expected to wear ECT branded kit at all competitions at all times with no exceptions.