



Harpenden Swimming Club Squad Criteria 2021-22

Harpenden operate with criteria to move between squads. The criteria mean there is a very clear pathway for swimmers to move between the squads, and it is aligned with the key objectives of each squad to aid swimmer development. Progress against is tracked on a monthly basis and publicised at Harpenden Leisure Centre on Wednesdays and Sundays. Swimmers who achieve the criteria for the next squad will be notified by the coaches and membership secretary.

Each squad is working towards the criteria for the next squad, whilst maintaining the standards required in their current squad. The criteria for each squad are set out on the pages below. The criteria sheet on the desk shows your swimmers progress. Below are some notes to help you understand this.

Across the top of the criteria sheet are a series of headers. These reference the different sections that criteria are classed under, as listed under each squad on the following pages.

LEGALITY										BADGES / TIMES													
										SPRINTS (25/50)				MIDDLES				LONG			MEDLEYS		
NAME	CS	50FR	50BK	50BR	50FLY	100IM	200IM	400IM	FREE	BACK	BRST	FLY	FREE	BACK	BRST	FLY	400	800	1500	100IM	200IM	400IM	

TESTS						
NAME	CS	8x50 FR	8x50 FORM	16x100 FR	200 KICK	1400 KICK

Here you can see whether your swimmer is missing legality, badges/times or test sets. The box under the relevant column will be coloured according to whether your swimmer is meeting the standard of their current squad, the next squad or a lower squad. Seals have no criteria and therefore no colour. Otters are yellow, Dolphins are green, Sharks are blue, and Performance Sharks are red.

Across the bottom of each page of the criteria sheet is a row showing how your swimmer should be coloured to achieve the criteria for each group. These also show the requirements, in a simplified format.

OTTER CRITERIA		50	50	50	50			4xb,25/5m	b			b					65	Bk70/br75			5.15	
DOLPHIN CRITERIA		100	100	100	100			2xs, 2xb, 50/100m	s			s		s	b		55	Bk60/br65			4.30	
SHARKS CRITERIA		200	200	200	200			1xp, 2xg, 1xs, 50/100m	1xp, 2xg, 1xs			g	g	g	g		50	55/60		1.45		9.00
PERFORMANCE CRITERIA		200	200	200	200			4xp, 100m	3xp, 1xg			p	g	p	p		40	45/60		1.30		8.00

Your swimmer will initially be the colour of their current group, and the aim is to turn their line the colour of the next group up. For example, an Otter would have all the yellow boxes above highlighted in yellow. As they progress towards Dolphins those boxes will go green. Seals go from white to yellow. No swimmer will show colours for a group more than one above their own. For example, if a Dolphin did 400m frontcrawl kick in under 8.00, qualifying for Performance Sharks, this would still only go blue. This makes reading the sheet and working out what you need to do to move up easier.

Test sets are carried out on a monthly basis and the results are held on a 3 month rolling basis. This means that your swimmer must have achieved the required criteria at least once in the last 3 months to be eligible to move up. For the long distance frontcrawl and the frontcrawl kick this is easy to track. For



the 8 x 50m frontcrawl, 8 x 50m form and the 16 x 100m frontcrawl, there is a tracker spreadsheet working through the logic below:

- If you passed the previous test then it moves you on by 5s or keeps you at the pass criteria for the next group up. You will never go faster than the base level for the next group up.
- If you failed or missed the most recent test but passed the one before it moves you on by 5s or keeps you at the pass criteria for the next group up.
- If you failed or missed the previous two tests it sets you back to the one you most recently passed in order to hopefully retain that level and allow you to try the faster time again next time.
- If you failed or missed the last three tests you start back at the base level for the group you are in.

Once all test sets are completed and entered into the tracker spreadsheet, competitive results from the time period are extracted and entered onto the criteria sheet. After this the new criteria sheets are published. This involves processing over 140 swimmers, so please be patient! We aim to get the sheets out within a week of the new month starting.

Please be aware that should swimmers be struggling to keep up with the workload in a squad, or where we have excessive pressure for space in a squad, we use the criteria to measure performance and determine whether a swimmer is in the correct squad. Swimmers not meeting the squad criteria are given 3 months in which to bring their training back to the level required in the squad (determined by the test sets) and should they not meet these standards by the end of this time period a decision is made as to where the swimmer would best fit going forwards.

Please read the following pages carefully!



Seals

Seals is the first squad swimmers enter upon joining the competitive arm of the club. The focus of this squad is to develop technique across all four competitive strokes and to work on basic skills relating to starts and turns.

All swimmer in this squad should aim to be able to swim a technically correct and fast length of each stroke. They should also be able to complete an individual medley, which encompasses each stroke. Seals are working towards regular participation in open meets and club events to gain race experience, and to participate in league campaigns as required.

There are no set criteria to enter Seals, but a trial is held to ensure that swimmers are of a competent standard before a place is offered.

Seals train for 2 hours per week and are required to swim a minimum of 75% of the sessions each month. Any deviation from this needs to be discussed and agreed with the Head Coach.



Otters

The focus of this group is to continue the work on the techniques developed in Seals whilst introducing longer distances to the training sessions. Key skills such as starts and turns are further developed so that swimmers are able to complete training and races correctly. Otters continue to work towards regular participation in open meets and club events to gain race experience, and to participate in league campaigns as required.

Otter Criteria – for movement into and to retain a place in the Otters group

A – Legality Tests

- Swim 50m of each of the four competitive strokes, using correct starts, turns and finishes, in short course (25m) competition
- Swim a 100m IM using the correct start, turns and finish in short course (25m) competition
- Have achieved the full competitive start award

B – Swim England Speed Awards – to be achieved in short course competition (except 25m in time trial nights)

- Bronze sprint award in the four strokes over 25m/50m
- Bronze sprint award in the 100m IM
- Bronze middle distance award in frontcrawl (200m)

C – Test sets – these tests are done monthly in training

- Swim 8 x 50m frontcrawl on 1.05, using correct turns and finishes and using the pace clock independently
- Swim 8 x 50m form on 1.10 for backstroke and 1.15 for breaststroke, using correct turns and finishes and using the pace clock independently
- Do 200m frontcrawl kick in under 5.15
- Achieve the bronze middle distance award standard in the 400m freestyle

Members of this squad should also:

- Be competent at using the pace clock for rest and repeat times
- Have good lane discipline
- Have efficient strokes and a good understanding of technique

Otters train for 3 hours per week and are required to swim a minimum of 75% of the sessions each month. Any deviation from this needs to be discussed and agreed with the Head Coach.

Inclusion as an Otter will be at the discretion of the Head Coach.



Dolphins

This squad introduces longer and more technical sets designed to build the competitive swimmer. There will be a focus on technique but holding it over longer distances and under more time pressure than in previous squads. Swimmers will gain a greater understanding of pace work and are expected to be able to use the pace clock themselves during sets to check pace and rest. Dolphins are expected to be regular participants in open meets and club events, and to be swimming in league campaigns as required. Members of this squad will be working towards participation at County Championships.

Dolphin Criteria – for movement into and to retain a place in the Dolphins group

A – Legality Tests

- Swim 100m of each of the four competitive strokes, using correct starts, turns and finishes, in short course (25m) competition
- Swim a 100m IM using the correct start, turns and finish in short course (25m) competition
- Swim a 200m IM using the correct start, turns and finish in short course (25m) competition
- Have achieved the full competitive start award

B – Swim England Speed Awards – to be achieved in short course competition (except 25m in time trial nights)

- 2 silver and 2 bronze sprint awards in the four strokes over 50m/100m
- Silver sprint award in the 100m IM
- Bronze middle distance award in the 200m IM
- Silver middle distance award in frontcrawl (200m)

C – Test sets – these tests are done monthly in training

- Swim 8 x 50m frontcrawl on 55, using correct turns and finishes and using the pace clock independently
- Swim 8 x 50m form on 1.00 for backstroke and 1.05 for breaststroke, using correct turns and finishes and using the pace clock independently
- Do 200m frontcrawl kick in under 4.30
- Achieve the silver long distance award standard in the 800m freestyle

Members of this squad should also:

- Be competent at using the pace clock for rest and repeat times
- Have good lane discipline
- Understand and use overtaking effectively
- Have efficient strokes and a good understanding of technique

Dolphins train for 4 hours per week and are required to swim a minimum of 75% of the sessions each month. Any deviation from this needs to be discussed and agreed with the Head Coach.

Inclusion as a Dolphin will be at the discretion of the Head Coach.



Sharks

The focus of this squad is training to race. Sets are developed to meet key aims for the swimmers at specific times of the year to aid their development and race potential. Technical work is undertaken at a more specific level and applied into longer and faster sets. This squad aims to develop the competitive swimmer across a broad range of events and encompassing all strokes. Sharks are expected to be regular participants in open meets and club events, and to be swimming in league campaigns as required. Members of this squad will be competing at County Championships regularly and working towards Regional and National Championships

The top squad operates as one group, broken into three sections with different aims and sessions depending upon the time of year and key meets within that period. The three groups are Sharks, Intermediate Sharks and Performance Sharks. Movement through the groups is determined partially by the criteria set below, and partially via swimmer potential and needs when approaching specific championship competitions through the season. In the Performance Sharks the aim is to develop key skills around race strategy and allow deeper focus on key events and swimmers mature and specialise. In general swimmers in this section will be competing regularly at Regional Championships and working towards National Championships

Movement between the groups is defined by a series of criteria published a month in advance of the end of the current cycle. These reference both the criteria as set out below and performance standards that should be met (qualification for specific competitions etc.). By using both performance standards and internal criteria we cover all of our swimmers; if a swimmer is not competitive but wishes to train more, they can advance by the criteria rather than the performance standard. Allocation to any of the 3 Shark groups is at the discretion of the Head Coach. A swimmer can request to move down a group if they wish and if space is available to do so.

The Shark and Performance Shark criteria are detailed on the following pages. To be considered for Intermediate Sharks a specified number of Performance Shark criteria will be required.

Sharks train for 5 hours per week, Intermediate Sharks train for 6+ hours per week, and Performance Sharks train for 9 hours per week. Members of this squad are required to swim a minimum of 75% of the sessions each month. Any deviation from this needs to be discussed and agreed with the Head Coach.

Inclusion as a member of any of the Shark sections will be at the discretion of the Head Coach



Sharks

Shark Criteria – for movement into and to retain a place in the Sharks group

A – Legality Tests.

- Swim 200m of each of the four competitive strokes, using correct starts, turns and finishes, in short course (25m) competition
- Swim a 100m IM using the correct start, turns and finish in short course (25m) competition
- Swim a 200m IM using the correct start, turns and finish in short course (25m) competition
- Swim a 400m IM using the correct start, turns and finish in short course (25m) competition
- Have achieved the full competitive start award

B – Swim England Speed Awards – to be achieved in short course competition (except 25m in time trial nights)

- 1 platinum, 2 gold and 1 silver sprint awards in the four strokes over 50m/100m
- Gold sprint award in the 100m IM
- Gold middle distance award in the 200m IM
- Gold long distance award in the 400m IM
- 1 platinum, 2 gold and 1 silver middle distance awards in the four strokes over 200m

C – Test sets – these tests are done monthly in training

- Swim 8 x 50m frontcrawl on 50, using correct turns and finishes and using the pace clock independently
- Swim 8 x 50m form on 55 for backstroke or butterfly and 60 for breaststroke, using correct turns and finishes and using the pace clock independently
- Do 400m frontcrawl kick in under 9.00
- Swim 16 x 100m frontcrawl on 1.45, using correct turns and finishes and using the pace clock independently
- Achieve the gold long distance award standard in the 1500m freestyle

Members of this squad should also:

- Be competent at using the pace clock for rest and repeat times, and be able to tell the coach the time they swam in a set
- Have good lane discipline
- Understand and use overtaking effectively
- Have efficient strokes and a good understanding of technique

Inclusion as a Shark will be at the discretion of the Head Coach.



Performance Sharks

Performance Shark Criteria – for movement into and to retain a place in the Performance and Intermediate Shark groups

A – Legality Tests

- Swim 200m of each of the four competitive strokes, using correct starts, turns and finishes, in short course (25m) competition
- Swim a 100m IM using the correct start, turns and finish in short course (25m) competition
- Swim a 200m IM using the correct start, turns and finish in short course (25m) competition
- Swim a 400m IM using the correct start, turns and finish in short course (25m) competition
- Have achieved the full competitive start award

B – Swim England Speed Awards – to be achieved in short course competition (except 25m in time trial nights)

- Platinum sprint awards in the four strokes over 100m
- Gold sprint award in the 100m IM
- Platinum middle distance award in the 200m IM
- Platinum long distance award in the 400m IM
- 3 platinum and 1 gold middle distance awards in the four strokes over 200m

C – Test sets – these tests are done monthly in training

- Swim 8 x 50m frontcrawl on 40, using correct turns and finishes and using the pace clock independently
- Swim 8 x 50m form on 45 for backstroke or butterfly and 50 for breaststroke, using correct turns and finishes and using the pace clock independently
- Do 400m frontcrawl kick in under 8.00
- Swim 16 x 100m frontcrawl on 1.30, using correct turns and finishes and using the pace clock independently
- Achieve the platinum long distance award standard in the 1500m freestyle

Members of this squad should also:

- Be competent at using the pace clock for rest and repeat times, and be able to tell the coach the time they swam in a set
- Have good lane discipline
- Understand and use overtaking effectively
- Have efficient strokes and a good understanding of technique

Inclusion as a Performance or Intermediate Shark will be at the discretion of the Head Coach.



Swim England Competitive Swimming Performance Awards - Speed Times

Times shown are for the time needed in a 25m pool.

	Bronze	Silver	Gold	Platinum
Front crawl				
25m	21.00	18.30	16.70	
50m	47.00	41.00	37.20	
100m	1.44.30	1.31.00	1.28.80	1.16.90
200m	3.49.90	3.20.80	3.02.40	2.49.40
400m	8.04.70	7.03.50	6.24.70	5.57.2
800m	16.45.30	14.38.20	13.17.90	12.20.70
1500m	31.55.00	27.55.20	25.26.70	23.37.10
Backstroke				
25m	24.70	21.50	19.60	
50m	54.50	47.50	43.00	
100m	1.56.00	1.41.40	1.32.00	1.25.50
200m	4.11.10	3.39.40	3.19.30	3.05.00
Butterfly				
25m	23.20	20.30	18.50	
50m	52.40	45.70	41.50	
100m	1.53.80	1.39.40	1.30.40	1.23.90
200m	4.09.20	3.37.70	3.17.80	3.03.70
Breaststroke				
25m	27.20	23.80	21.70	
50m	1.00.40	52.70	48.00	
100m	2.12.00	1.55.40	1.44.80	1.37.30
200m	4.40.40	4.05.00	3.42.60	3.26.60
Individual medley				
100m	1.58.60	1.43.60	1.34.10	
200m	4.17.20	3.44.60	3.24.10	3.09.50
400m	9.03.70	7.55.00	7.11.50	6.40.60