Pembrokeshire County Swimming

Development Squad Selection Statement
2015/16

Craig Nelson – PCS Development Coach
Sam Jones – PCS Assistant Development Coach
2015/16
Selection Criteria.

- Considerations should have been swum Long Course, for a place in the performance program.
- Short Course conversions times (using PCS Team Manager only) will only be accepted from September 1st 2015 to December 31st 2015 and from West Wales Championships 2016.
- There will be 2 entry points into Potential squad per year. The 1st entry point will be post PCS Championships (27/09/15), and the 2nd being post West Wales Championships (Date TBC)
- Development Coaches reserve the right to add swimmers to the group if it is deemed necessary for the swimmers development
- Swimmers are expected to show complete commitment to training, attending the training set for the squad. (Saturday Morning 7-10am swim and gym)
- Swimmers are expected not to drop any club sessions and maintain all club hours and training standards at clubs, failure to do so will result in swimmers being removed form the squad.
- Swimmers are expected to adhere to and sign Squad Code of conduct, Squad conditions (signed once per year).
- Swimmers will need to also sign training agreements which will include Goals, Training hours for swimming and land work as well as other specifics the development coach feels are needed.
- Swimmers are expected to meet the minimum training standards set by the squad coach.
- Disability Swimmers will be considered using Development coaches’ discretion.

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• Swimmers must be fully fit to attend training sessions and may be deselected until injuries have healed.
• Multi sport athletes may be offered a place at Development Coaches discretion.
• Swimmers are expected to attend Pembrokeshire County Swimming Championships 2015.
• Swimmers must also Race in any meet targeted by the Squad coach
• Swimmers must swim in all National level competitions (Welsh and British) including relays, failure to do so will result in swimmers being removed from the squad.
• Swimmers may be deselected from the squad, at any time, for any breach of code of conducts or squad conditions.
• Any swimmer deselected for any reason other than injury may loose the right to future selections.
Selection Process

Phase 1
• Any Swimmer to Medal at Welsh Nation Age Groups 2015 or Welsh National Short Course Championships 2015.

Phase 2
• The first phase of selection will be taken from qualifying standards (see below).

Phase 3
• Any unfilled spaces in the squad from the first two phases, may be filled at the development coaches discretion.

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### Long Course Consideration Times 2015/16

<table>
<thead>
<tr>
<th>Age</th>
<th>YOB</th>
<th>Male 200 IM</th>
<th>Male 200 FC</th>
<th>Female 200 IM</th>
<th>Female 200 FC</th>
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<td>3:12.35</td>
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</table>

*All consideration times are based on the PCS 2015/16 performance consideration times. 15-year-old times are +5% from performance time with a 5% increase thereafter for younger age groups. Swimmers may only qualify on the events listed in the table above. Times are only consideration, the Development coaches hold the right to the final decision on squad entry.*

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Squad Details

Maximum Squad Number:
8

Available Pool Time:
3 +Potential+Club (12 hour minimum)

Available Land Training:
2 hours

Lane Space:
1/2x25m

Based:
Haverfordwest Leisure Centre
Pembroke Leisure Centre

Target Meets:
To be set by Development Coaches in selection letter.

Coaching Staff:
Samuel Jones (PCS Assistant Coach)

Craig Nelson – PCS Development Coach
Sam Jones – PCS Assistant Development Coach
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