

# **GRANDE PRAIRIE PIRANHAS SQUAD POLICIES & GUIDELINES**

This document outlines the Squad policies and guidelines of Grande Prairie Piranhas (GPP) Development Programmes

## **SENIOR SQUAD POLICIES & GUIDELINES**

### **AIMS:**

Provide the opportunity for swimmers to:

- Further develop pool & land training commitments with a wide range of personal goals
- Develop the highest degree of technical skill
- Allow flexibility to attend competitions appropriate to the individual needs.
- To allow opportunity to pursue other sports and interests.

### **OBJECTIVES:**

The squad objectives are to provide an environment where each swimmer can:

- Develop technical skill on all four strokes
- Development of tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Introduce and develop Race pacing
- Development of individual medley skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behaviour and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

### **COMMITMENT CRITERIA:**

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers are requested to attend a minimum of 4 pool & 2 land training sessions per week.
- Attendance must be a minimum of 90% for the season.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- All swimmers must compete in all Provincial & Championships meets in which they qualify unless instructed otherwise by the coaching staff.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Be considerate of GPP members and other swimmers at all times
- Strive to maintain and improve the minimum GPP squad criteria
- Show demonstrable progress towards achieving the GPP objectives

### **MOVEMENT CRITERIA**

- January & June of each season swimmers will be assessed by the Head Coach and those that have near term potential and or having longer term talent may be asked to join the Youth or Senior Performance programme relative to their age provided they have shown a high level of commitment and demonstrable progress towards the Performance programme squad criteria.

## **YOUTH SQUAD POLICIES & GUIDELINES**

### **AIMS:**

Provide the opportunity for swimmers to:

- Gain positive experiences by learning and training together.
- Develop their pool and land training in a coaching lead environment
- Develop swimmers experiences in competition environments
- Strive to achieve Provincial Time Standards

### **OBJECTIVES:**

The squad objectives are to provide an environment where each swimmer can:

- Develop technique on all four strokes.
- Development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Development of Individual Medley skills.
- Development of basic speed.
- Develop & implement appropriate competition plan.
- Knowledge relating to basic swimming mechanics.
- Development of appropriate behaviour and responsibilities within a training and group environment.
- Develop greater individual responsibility for swimming commitment and performance.

### **COMMITMENT CRITERIA**

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers are requested to attend 5 pool & 2 land training sessions per week.
- All swimmers are requested to achieve 85% for the season.
- Swimmers must compete only in competitions/meets directed by the coaching staff.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the squad commitment.
- Swimmers must show demonstrable progress towards achieving the Senior Squad objectives.

### **MOVEMENT CRITERIA**

- January & June of each season all places in the Youth Squad shall be assessed and those swimmers continuing to progress shall be offered a place in the Junior Performance Squad for the next training cycle or swimming season. All other individuals will be retained in the current squad or offer a place in the Senior Squad for the next season. All squad placement and swimmers movement is at the Head Coaches discretion and is dependent on current age, commitment, work ethic, performance standards and long term potential.

## **AGE SQUAD POLICIES & GUIDELINES**

### **AIMS:**

Provide the opportunity for swimmers to:

- Gain positive experiences by learning and training together.
- Develop their pool and land training in a coaching lead environment
- Develop swimmers experiences in competition environments
- Strive to achieve Provincial Time Standards

### **OBJECTIVES:**

The squad objectives are to provide an environment where each swimmer can:

- Develop technique on all four strokes.
- Development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Development of Individual Medley skills.
- Development of basic speed.
- Develop & implement appropriate competition plan.
- Knowledge relating to basic swimming mechanics.
- Development of appropriate behaviour and responsibilities within a training and group environment.
- Develop greater individual responsibility for swimming commitment and performance.

### **COMMITMENT CRITERIA**

Each swimmer is expected to meet as a minimum the following training and competition commitment criteria:

- All swimmers are requested to attend 4 pool & 1 land training sessions per week.
- All swimmers are requested to achieve of 85% for the season.
- Swimmers must compete only in competitions/meets directed by the coaching staff.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the squad commitment.
- Swimmers must show demonstrable progress towards achieving the Youth squad objectives.

### **MOVEMENT CRITERIA**

- Swimmers can be moved into the Youth Squad at any time dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the Age coach and all squad coaches will work together to ensure the best planning for that individual swimmer.

## **JUNIOR SQUAD POLICIES & GUIDELINES**

### **AIMS:**

Provide the opportunity for swimmers to:

- Gain positive experiences by learning and training together
- Introduce pool and land training in a coaching lead environment
- Introduce swimmers to competition at novice meets
- Improve swimmers fitness and technique with a wide range of personal goals.
- Allow flexibility to attend competitions appropriate to the individual needs.
- To allow opportunity to pursue other sports and interests.

### **OBJECTIVES:**

The squad objectives are to provide an environment where each swimmer can:

- Develop technical skill on all four strokes
- Development of tactical and mental skills required to assist and improve performance
- Improve Aerobic conditioning
- Introduce and develop Race pacing
- Development of individual medley skills
- Development of Race speed/Race Skills
- Develop and implement an appropriate competition plan
- Knowledge relating to stroke mechanics
- Maintain and development appropriate behaviour and responsibilities within a individual and group training environment
- Develop greater individual responsibility for swimming commitment and performance

### **COMMITMENT CRITERIA**

- All swimmers are requested to attend 3 pool & 1 land training sessions per week.
- All swimmers are requested to achieve 80% attendance for the season.
- Swimmers must compete only in competitions/meets directed by the coaching staff.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the squad commitment.
- Swimmers must show demonstrable progress towards achieving the squad objectives.
- Swimmers must strive to progress to the Age Squad

### **MOVEMENT CRITERIA**

- Swimmers can be moved into the Age squad at any time dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the Junior coach and all squad coaches will work together to ensure the best planning for that individual swimmer.

## **DIDDY SQUAD POLICIES & GUIDELINES**

### **AIMS:**

Provide the opportunity for swimmers to:

- Gain positive experiences by learning and training together
- Introduce pool and land training in a coaching lead environment
- Introduce swimmers to competition at novice meets

### **OBJECTIVES:**

- Develop technique on all four strokes.
- Development of technical and mental skills required to assist and improve performance.
- Improve basic aerobic conditioning.
- Development of Individual Medley skills.
- Development of basic speed.
- Develop & implement basic competition plan.
- Knowledge relating to basic swimming mechanics.
- Development of appropriate behaviour and responsibilities within a training and group environment.
- Develop greater individual responsibility for swimming commitment and performance.

### **COMMITMENT CRITERIA**

- All swimmers are requested to attend 2 pool & 1 land training sessions per week.
- All swimmers are requested to achieve 80% attendance for the season.
- Swimmers must compete only in competitions/meets directed by the coach staff.
- Swimmers must wear GPP branded clothing/kit, whilst competing/representing GPP.
- Swimmers must have a good attitude towards competing, training and must always be punctual.
- Swimmers must have competent all round technical abilities and skills.
- Swimmers must consistently maintain the squad commitment.
- Swimmers must show demonstrable progress towards achieving the squad objectives.
- Swimmers must strive to progress to the Junior Squad

### **MOVEMENT CRITERIA**

- Swimmers can be moved into the Junior squad at any time dependent upon achieving the criteria for the given squad, space in that squad and following invitation by the coach of that squad. Movements will need to be on the recommendation of the Diddy coach and all squad coaches will work together to ensure the best planning for that individual swimmer.