



Swim Squads

"New Squad Structure is to be LIVE WEF Monday 22/5/17"



Nofio Clwyd Squad - CQASC Swimmers FULL TIME CQASC Swimmer SQUAD Members

Nofio Clwyd Performance
Elena Morgan

Nofio Clwyd Competition

Nofio Clwyd Skills
Maja Grzadzilska
Ethan Lewis
Thomas Halliwell
Eleanor Gill

Nofio Clwyd Development
Mia Breeze
Kaitlin Rimmer
Finlay Carney
Mia Jane Parry
Annaliese Sayer
Callum Minshull
Nathan Wren

Competition Squad
Lucy Thompson
Finlay Carney
Coby Dawson
Jack Baines
Thomas Metcalfe
Mia Breeze
Kaitlin Rimmer
George Brewin
Nathan Wren
Bruce Calcott
Josh Chambers
Kevin Liu
Mia Jane Parry
Callum Minshull
Annaliese Sayer

Development Squad
Sophie Booth
Harri Jones
Dylan Parry
Elinor Travis
Syd Nagy
Katy Anglesea
Georgia Hansom
Freya Hunt
Maddie Hughes-Dutton
Leah Halliwell
Rhys Darbey
Katie Odd
Lottie Hughes
Freya Molloy
Katie Roden

Fitness Squad
Lewis McDonald
Nathanial El-Rahib
Jess Metcalfe
Shae Dawson
Edward Cornwall
Lowri Brown
Iona Brown

Junior Skills 2
Hai Liu
Seren Minshull
Djimitri Carter
Jacob Welsh
Alysia Colecliffe
Thomas Ouslem
Sinead O'Mahoney
Amelia Millard
Seren Lonergan
Jamie Edwards
Elenor Carney
Daniel Slack

Junior Skills 1
Hannah Clough
Callum Evans
Connor Keeley
Jessie Lewis
Bobby Stephens
Mia Biddle
Sean Clarke
Olivia Swiderska
Nirusan Gunaraj
Bryonie Davies
James Wren

Swim Link
We begin to offer support & assistance to help drive technique & awareness of what standard is currently sat within the link process to assist driving grass root numbers into the club when ready.

15

15

7

12

11

60

Coach **Main**

Support

Sharon Thompson

Bev Metcalfe/Craig Breeze

Craig Breeze

Gareth Rimmer

Sharon Thompson/Mike Lewis

Bev Metcalfe

Jess Metcalfe/
Steve Carney

Steve C/Jess Metcalfe

Mike Lewis

CQASC Coach
Head/Assistant Head
Coach Support Decision
to Bring Trialists into
Club.

CQASC Squad Total:

CQASC Fee Structure

		Cost per Month £36.00	Cost per Month £32.00	Cost per Month £29.00	Cost per Month £27.00	Cost per Month £23.50
Family		10% Combined fee discount - 2 swimmers	10% Combined fee discount - 2 swimmers	10% Combined fee discount - 2 swimmers	10% Combined fee discount - 2 swimmers	10% Combined fee discount - 2 swimmers
Family		10% discount - >2 swimmers	10% discount - >2 swimmers	10% discount - >2 swimmers	10% discount - >2 swimmers	10% discount - >2 swimmers

Swim Schedule & Timetable

	Competition Squad			Development Squad			Fitness Squad		Junior Skills Squad 2			Junior Skills Squad 1			Lanes
	Times	Pool Hours	Lanes	Times	Pool Hours	Lanes	Times	Pool Hours	Times	Pool Hours	Lanes	Times	Pool Hours	Lanes	
Monday	6.15 - 8.15pm	1.5	3	6.15 - 8.15pm	2	3	6.30 - 8.00pm	1.5							6
Tuesday	6.15 - 8.15pm	1.5	2	6.15 - 8.15pm	2	2			6.30 - 8.00pm	1.5	2				6
Wednesday	6.15 - 8.15pm	1.5	3				6.30 - 8.00pm	1.5	6.30 - 8.00pm	1.5	2	6.30 - 8pm	1.5	1	6
Thursday	6.15 - 8.15pm	1.5	2	6.15 - 8.15pm	2	2									6
Friday															
Saturday	7.15 - 9.45am	2	2	7.15 - 9.45am	2.5	2	7.30 - 9.30am	2	7.30 - 8.30am	1	2	8.30 - 9.30am	1	2	6
Sunday	9.30 - 10.30pm	GYM		10.30 - 11.30pm	GYM		8.00 - 9.00am	1	8 - 9am	1	1	8 - 9am	1	1	6
Total Incl. Pre & Post Pool		11.5			9.5			6		5			3.5		

CQASC Squad & Criteria

Includes Nofio Clwyd Performance Centre Criteria for visibility

<p>Nofio Clwyd - Performance Centre Squads</p> <p>Criteria</p> <p>Performance Squad 18 Pool Hours per Week, 3 Gym Hours Welsh Top 8 Rank in an Olympic Event 14 & Over</p> <p>Competition Squad 14 Pool Hours per Week (10 Hours with Home Club & 4 with Performance Squad) Welsh Top 16 Ranked in an Olympic Event 14 & Over</p> <p>Skills Squad 12 Pool Hours per Week, 2 Gym Hours per week. Welsh Top 16 Ranked in 2 Olympic events 14 & Under</p> <p>Development Squad 8 Hours per Week (6 with Home Club, 2 with Skills Squad) Welsh Top 32 Ranked in 2 Olympic events 14 & Under</p> <p>Note ALL our Swimmers have the potential to progress through to the performance Centre. at any point if their times/rankings are sufficient enough to Qualify. Most NC squads would train away from the Club but all performance Centre Training currently takes place at Cambrian Aquatic Sports Centre.</p> <p>Head Coach Aled Davies - Performance & Competition Skills Coach Andy Roberts - Skills & Development</p>	<p>CQASC Competition Squad</p> <p>Criteria 11+</p> <p>North Wales Top 25 Ranked in any 2 Events & or Entry via Time Matrix Time Matrix is Visible as a separate document - Achieved times in minimum of 40% of the events (4/10)</p> <ul style="list-style-type: none"> - Minimum Age Requirement for Squad Qualification/Entry is 11. - Provided Not already qualified for Performance Centre - Qualifying times must have been attained - Annual Gala Attendance level - 80% for identified calendar galas - these will be communicated - Excellent Race dives in Streamline - Excellent Race IM & Standard Stroke Turns - Times can be gained from Training as stipulated by Coach - Attitude toward & in training can/will be taken into consideration - Excellent attitude toward Coach, other swimmers & Good Listening skills - Position in Squad will be reviewed against criteria every 3 Months - - You can be moved out of the Squad if any of the above criteria is not attained in any one period of review, subject to full fitness. Absence through injury will be taken into account. <p>Lucy Thompson Finlay Carney Coby Dawson Jack Baines</p> <p>Thomas Metcalfe Mia Breeze Kaitlin Rimmer George Brewin Nathan Wren Bruce Calcott Josh Chambers Kevin Liu Mia Jane Parry Callum Minshull Annaliese Sayer</p> <p>Coach: Sharon T/Bev M Support: Craig B or Steve C</p>	<p>CQASC Development Squad</p> <p>Criteria 10-14</p> <ul style="list-style-type: none"> - Provided Not already qualified for Nofio Clwyd Performance Centre - Annual Gala Attendance level - 50% for identified calendar galas - these will be communicated - No Qualifying times required - Trial & Assessment by Lane & Head coach to decide Entry - Good Race dives in Streamline - Understanding of Turns incl. IM Turns - Times can be gained from Training as stipulated by Coach - Attitude toward & in training can/will be taken into consideration - Excellent attitude toward Coach, other swimmers & Good Listening skills - Position in Squad will be reviewed against criteria every 3 Months - - You can be moved out of the Squad if any of the above criteria is not attained in any one period of review, subject to full fitness. Absence through injury will be taken into account. <p>Sophie Booth Harri Jones Dylan Parry Elinor Travis Syd Nagy Katy Anglesea</p> <p>Georgia Hansom Freya Hunt Maddie Hughes-Dutton Leah Halliwell Rhys Darbey Katie Roden Katie Odd Lottie Hughes Freya Molloy</p> <p>Coach: Craig Breeze Support: Gareth Rimmer</p>
<p>CQASC Junior Skills Squad 2</p> <p>Criteria 8-14</p> <p>Provided Not already qualified for Nofio Clwyd Performance Centre No Qualifying times required - Trial & Assessment by Lane & Head coach to decide Entry Annual Gala Attendance level - 20% for identified calendar galas - these will be communicated Understanding Dive Understanding Streamline Attitude toward & in training can/will be taken into consideration Competitive Dive Award</p> <p>Djimitri Carter Hai Liu Seren Minshull Jacob Welsh Alysia Colecliffe Daniel Slack Sinead O'Mahoney Amelia Millard Elinor Carney Thomas Ouslem Jamie Edwards Seren Lonergan</p> <p>Coach: Jess Metcalfe/Steve Carney Support: Steve C/Jess M</p>	<p>CQASC Junior Skills Squad 1</p> <p>Criteria 8-14</p> <p>Entry Level - Wave 6-8 Aqua Passport - assessed on lane space available at CQASC Annual Gala Attendance level - 0% Entry to Club will be decided by Head Coach & Swim Link Coach</p> <p>Callum Evans Jessie Lewis Bobby Stephens Mia Biddle Sean Clarke Hannah Clough Connor Keeley Nirusan Gunaraj Bryonie Davies Olivia Swiderska James Wren</p> <p>Coach: Mike Lewis/ Jess & Steve Carney to Support</p>	<p>CQASC Fitness Squad</p> <p>Criteria 14+</p> <p>Does not want to progress to Competition Squad or cannot due to age/time matrix or ranking positions No Requirement for Gala Attendance but can swim at Galas should they wish too.</p> <p>Lewis McDonald Nathanial El-Rahib Jess Metcalfe Shae Dawson Edward Cornwall Lowri Brown Iona Brown</p> <p>Alice Atkin - University Members Nathan McDonald - University Members</p> <p>Coach: Sharon Mid Week - Sharon T or Mike L/Jess on Sunday Sessions</p>

Notes

Head Coach to always be consulted should any swimmer be proposed to move groups or indeed Join club on all occasions.
Assistant Head Coach can decide in the absence of Head Coach if urgency required - although should be fairly rare.



COMPETITION SQUAD QUALIFYING TIMES

MALE										FEMALE								
10	11	12	13	14	15	16	17	18+	EVENT	10	11	12	13	14	15	16	17	18+
	40.0	38.0	34.0	32.0	31.0	30.0	29.0	28.0	50m Free		42.0	39.0	36.0	34.0	33.0	32.0	31.0	30.0
	1.28	1.24	1.16	1.12	1.10	1.08	1.06	1.04	100m Free		1.32	1.26	1.20	1.16	1.14	1.12	1.10	1.08
	6.20	6.08	6.00	5.45	5.30	5.20	5.10	5.00	400M Free		6.40	6.18	6.10	5.55	5.50	5.40	5.30	5.15
	50.0	46.0	43.0	40	39.0	37.0	36.0	35.0	50m Breast		52.0	48.0	46.0	43.0	42.0	41.0	40.0	39.0
	1.50	1.42	1.36	1.30	1.28	1.24	1.22	1.20	100m Breast		1.54	1.46	1.42	1.36	1.34	1.32	1.30	1.28
	42.0	40.0	36.0	34.0	33.0	32.0	31.0	30.0	50m Fly		44.0	42.0	40.0	37.0	36.0	35.0	34.0	33.0
	1.44	1.40	1.32	1.28	1.26	1.24	1.22	1.20	100m Fly		1.48	1.44	1.40	1.34	1.32	1.30	1.28	1.26
	43.0	42.0	39.0	37.0	36.0	34.0	32.0	31.0	50m Back		45.0	44.0	42.0	40.0	39.0	37.0	35.0	34.0
	1.34	1.32	1.26	1.24	1.22	1.16	1.14	1.12	100m Back		1.38	1.36	1.34	1.30	1.28	1.24	1.20	1.18
	3.33	3.24	3.10	3.00	2.36	2.32	2.28	2.24	200m IM		3.50	3.36	3.21	3.12	2.48	2.44	2.39	2.35

Qualifying Criteria

Ranked in the top 25 in North Wales in 2 events

By attaining a minimum of 4 qualifying times across any of the events listed above based on age group

Minimum age is 11 to qualify for the competition squad

Times will be subject to change during future reviews.