

Standards for Athletes: **GSA Performance Squad**

In the active season and through their home swimming club:

All athletes must be involved with a Strength and Conditioning Program.
Checked off by GSA Strength and Conditioning coaches Sam Fenton and or Tom Wheeler.

The athlete must have interaction with their home coaches once per week (Minimum). The home Coach must track their Strength and Conditioning progress, throughout the season. GSA head coach to confirm with home coaches that this is ongoing throughout the season.

Swimming Requirements:

13 -14 years Girls - **14 years Boys -**

- Achieved a National time in a minimum of a 100m event, and swam the same event at the National Championships of the previous season.
- Swimming 6x sessions per week minimum this season. Additionally, a minimum of 1x Strength and Conditioning session, approved by the GSA S&C coaches.
- Athletes must have achieved 3 out of the 4, Individual 100m or 200m stroke disciplines for the State LC Championships, the previous season.
- Athletes must have swam all 3 qualified events, at the State LC Championships of the previous season. In this season athletes must also have achieved the 200 Fr State LC qualifying time, regardless of whether or not they swim this event at the LC State Championships.

Qualifying times needed:

- 100m or 200m or 400m or 800m National Time
- 3 x 100m or 200 State LC Qualifying Times. 3 different disciplines eg: Fly/Back/Fr
- 200m Fr State LC qualifying time.

15-16 years Girls - **15/16 -17 Years Boys -**

- Achieved a National time in a Minimum of a 100m event. And swam the same event at the National Championships of the previous season.
- Swimming 6 - 7x per week minimum this season. Additionally, a minimum of 1x Strength and Conditioning session approved by the GSA S&C coaches.
- Athletes must have achieved 3 out of the 4, Individual 100m or 200m stroke disciplines for the State LC Championships, the previous season. Eg: BK/BR/FR. Athletes must also have qualified for the State LC individual 200IM & 200Fr, regardless of swimming these events at the State LC Championships or not.

- The athletes must have swam all 3 qualified events at the State LC Championships of the previous season.
- Qualifying times Needed:
 - 100m or 200m or 400m or 800m National Time
 - 3 x 100m or 200 State LC Qualifying Times. 3 different disciplines. eg: Fly/ Back/ Fr
 - 200FR & 200IM State LC qualifying time.

17 + Years Girls -
18 + Years Boys -

- Achieved a National age qualifying time from the previous season, and raced at Nationals the same season.
- Swimming 7 + sessions per week this season. Additionally, a minimum of 2x Strength and Conditioning sessions approved by the GSA S&C coaches.
- Athletes must have achieved 3 out of the 4, Individual 100m or 200m stroke disciplines for the State LC Championships, the previous season.
- The athletes must have swam all 3 qualified events at the State LC Championships of the previous season.
- Additionally athletes must also have qualified for the State LC individual 200IM & 200FR regardless of swimming the event at the State LC Championships or not.
- Plan on/or attended previously, the Open National Championships if they achieve/achieved, their National time. Must be confirmed by the home coaches, and GSA Head Coach.
- If the athlete does not achieve the National time, in the season they swim in the GSA, then the swimmer has to achieve the time the following season before being invited back into the GSA.

Qualifying times Needed:

- 100m or 200m or 400m or 800m National Time
- 3 x 100m or 200 State LC Qualifying Times. 3 different disciplines. eg: Fly/ Back/ Fr
- 200FR & 200IM State LC qualifying time.

Last Season Grace Period for Athletes:

Athletes that were part of the Academy last season, provided they meet all the time requirements, and training requirements. Will remain in the academy this season only, even though they may not yet have any National Time.

Once the final numbers of swimmers are confirmed. We can fill the left over spots with other athletes who may also fit the requirements, up to 18 athletes.

These swimmers should be nominated by their home coaches and selected base on ranking in their best events at the State LC Championships 2018. Head Coach liaise with the home coaches on selection..

2019/2020 season, should be the last season that we allow these swimmers to remain in the GSA Performance squad without National time.