

# PCS

## Jr Academy

# Selection Policy

# 2017/18



1. Selection details
  - 1.1 Times can be swam in any licensed competition, and will be reviewed in SC format.
  - 1.2 Times must be met every 6 months to retain place within the squad.
  - 1.3 Swimmers selected for higher Jr National, National or National Performance squads will not be eligible for selection into the Academy squad.
  - 1.4 Minimal standard time must be met to be in consideration for a place in the squad.
  - 1.5 The coaching team may fill any un assigned spaces with club wildcards, the coaching team will ask for these if nessesary.
  - 1.6 Development clubs will be given the opportunity to provide two reserve swimmers who may be selected at any point during the selection if space becomes available.
  - 1.7 Development Clubs will be given the opportunity to discuss proposed swimmers selected for acceptable attendance (record must be produced), behavior and trainability in club, but the final decision is the coaching teams responsibility.
  - 1.8 There will be 2 entry points per year, one in October and one April
  
2. Squad size
  - 2.1 Maximum squad is will be 32 swimmers
  - 2.2 The coaching team holds the discretion over the squad size at all times.
  
3. Age Bands
  - 3.1 Minimum standard times will be set in the following age's bands: 9/10.
  - 3.2 Each age band will be allocated a set number of spaces for both the 100 and 200 IM, if more swimmers qualify, coaches discretion will be used.
  - 3.3 Age on the day of selection.
  - 3.4 The Coaching team hold the right to add swimmers out of age if they feel A: the swimmers is at a higher level of ability and needs fast tracked B: a swimmer is physically under developed for their age and needs extra time.
  
4. Documents and commitments
  - 4.1 Swimmers and parents must have signed a code of conduct before entering the squad.
  - 4.2 Swimmers must have filled out documents and return them to the coaching team before entering the squad.
  - 4.3 Swimmers must be attending all their club hours to be eligible for the squad.
  - 4.4 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmers place being revoked.
  
5. Land Training
  - 5.1 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmers place being revoked.



## 6. Selection Times

### 6.1 Males places available for selection

Event	9	10
100 IM	4	4
200 IM	4	4

### 6.2 Female places available for selection

Event	9	10
100 IM	4	4
200 IM	4	4

6.3 Minimal standard times are based on 100 IM and 200 IM (See 6.7 and 6.8 table)

6.4 Selection order will be made on events 1<sup>st</sup> 200 I.M. 2<sup>nd</sup> 100 I.M.

6.5 The Coaching Team reserves the right to alter the times if deemed necessary

6.6 Female Academy Minimum Standard Times:

Event	9	10
100 IM	02:11.2	02:55.3
200 IM	04:06.6	03:25.8

6.7 Male Academy Minimum Standard Times:

Event	9	10
100 IM	02:18.3	02:24.0
200 IM	04:43.2	04:18.1



# PCS

## Senior Academy

## Selection Policy

# 2017/18

### 1. Selection details

1.1 Times can be swam in any licensed competition, and will be reviewed in SC format.

1.2 Times must be met every 6 months to retain place within the squad.



- 1.3 Swimmers selected for higher Jr National, National or National Performance squads will not be eligible for selection into the Academy squad.
  - 1.4 Minimal standard time must be met to be in consideration for a place in the squad.
  - 1.5 The coaching team may fill any un assigned spaces with club wildcards, the coaching team will ask for these if necessary.
  - 1.6 Development clubs will be given the opportunity to provide two reserve swimmers who may be selected at any point during the selection if space becomes available.
  - 1.7 Development Clubs will be given the opportunity to discuss proposed swimmers selected for acceptable attendance (record must be produced), behavior and trainability in club, but the final decision is the coaching teams responsibility.
  - 1.8 There will be 2 entry points per year, one in October and one April
7. Squad size
- 7.1 Maximum squad is will be 24 swimmers  
The coaching team holds the discretion over the squad size at all times.
8. Age Bands
- 8.1 Minimum standard times will be set in the following age's bands: 11/12
  - 8.2 Each age band will be allocated a set number of spaces for both the 100 and 200 IM, if more swimmers qualify, coaches discretion will be used.
  - 8.3 Age on the day of selection.
  - 8.4 The Coaching team hold the right to add swimmers out of age if they feel A: the swimmers is at a higher level of ability and needs fast tracked B: a swimmer is physically under developed for their age and needs extra time.
9. Documents and commitments
- 9.1 Swimmers and parents must have signed a code of conduct before entering the squad.
  - 9.2 Swimmers must have filled out documents and return them to the coaching team before entering the squad.
  - 9.3 Swimmers must be attending all their club hours to be eligible for the squad.
  - 9.4 Swimmers must train at a level seen to be acceptable by the coaching team, failure to do so may result in the swimmers place being revoked.
10. Land Training
- 10.1 Swimmers must attend land training set out by the coaching team; failure to do so may result in the swimmers place being revoked.

## 11. Selection Times



- 11.1 Places will be selected from the top 2 swimmers each age group for 200m's (IM and Freestyle) and top 1 swimmers for 100m's (Freestyle, Butterfly, Breaststroke and Backstroke)
- 11.2 Minimal standard times are based on 200 IM, 200 Freestyle, 100 Freestyle, 100 Butterfly, 100 Breaststroke and 100 Backstroke (See 6.6 and 6.7 table)
- 11.3 Selection will be made on events 1<sup>st</sup> 200 I.M. 2<sup>nd</sup> 200 Freestyle, 3<sup>rd</sup> 100 Freestyle, 4<sup>th</sup> 100 Butterfly, 5<sup>th</sup> 100 Breaststroke and 6<sup>th</sup> 100 Backstroke
- 11.4 The coaching will set minimal times PCS Coaching team selected using top 100 welsh based swimmers as of 1<sup>st</sup> June with some alterations from competitive standings
- 11.5 The Coaching Team reserves the right to alter the times if deemed necessary

11.6 Females Senior Academy Minimum Standard Times And Selection Places For Each Event:

Event	11	Selection Places	12
200 IM	03:22.5	2	03:07.0
200 Freestyle	03:00.04	1	02:47.10
100 Freestyle	01:21.20	1	01:15.4
100 Butterfly	01:48.8	1	01:40.9
100 Breaststroke	01:47.6	1	01:40.2
100 Backstroke	01:32.3	1	01:27.2

1.1 Male Senior Academy Minimum Standard Times And Selection Places For Each Events:

Event	11	Selection Places	12
200 IM	03:58.3	2	03:41.8
200 Freestyle	03:36.8	1	03:24.0
100 Freestyle	01:34.4	1	01:24.4
100 Butterfly	02:41.6	1	02:01.2
100 Breaststroke	02:01.1	1	01:57.0
100 Backstroke	01:47.8	1	01:42.5

