

Youth Squad

Coach: Vacancy (Janet Hopkins temporarily responsible)

About Youth Squad

All swimmers reach a stage when they no longer wish to commit to the intensive requirements of a structured training programme. For some it is when they retire, for others it happens a lot earlier. To cater for the latter we have Youth (formerly known as Club) squad. Youth squad is for swimmers who no longer wish to commit to a main squad programme but at the same time wish to continue swimming - whether it be competitively or just to keep fit.

Entry into Youth squad can be via A or B squads or of course as a new club member. The minimum age is currently 15/16 corresponding to school GCSE year but this is currently under review. The maximum age is 17 after which swimmers go to Masters squad.

There is no minimum attendance level and training tends to be less intense and less structured than say A squad. Swimmers, particularly those who have competed at a high level, should therefore be prepared for a drop off in performance times, especially over the longer events. This should come as no surprise – but sometimes it does! Having said that sprint times tend to be maintained, sometimes improved upon, as swimmers get older and stronger, so Youth squad swimmers are frequently chosen to swim in events such as the national league.

Youth squad currently swims at the same time as Masters and has the same squad coach and the 'Pay as you go' scheme available to Masters is now available to some Youth squad swimmers

Further Details can be obtained from the Youth squad rep whose name can be found on the contacts section of the web site.