

SSC National Elite Squad Policy



An updated National Elite Squad structure has been established to provide maximum opportunity for swimmers to reach Age National and Open National level. This requires more intensive and more frequent training and increased access to our most experienced coaches and trainers.

Participation in National Elite Squad requires a higher level of activity, commitment and base development/skills than our other squads. Progressive Overload is the essential component in positive body adaptation and subsequent positive change in performance. The body's adaptation to training depends on the following four factors; frequency, duration, volume and intensity. It is with this at the forefront of our minds we require all National Elite Squad members to swim a minimum of 6 National Elite Squad sessions within the allocated schedule.

In order to ensure maximum development for those swimmers who participate in National Elite Squad, and to help swimmers/parents to understand requirements, this policy has been established.

It is recognised that this policy will not and cannot suit every individual. The policy has been established as most suitable for our Club to provide consistency, opportunity and quality development for our swimmers - while also taking into account coaching resources and multiple sites. The National Elite Squad sessions are being structured to be sequential and to complement each other, taking into account the content of different sessions on different days. This means that significant commitment to the sessions is essential. It is stressed that National/State/District squads remain for those swimmers who do not meet criteria for National Elite Squad participation at this stage, or who prefer to remain with their National/State/District Squad at local sites. These will continue to provide quality coaching for swimmers.



National Elite Squad - criteria for participation

1. Swimmers must meet qualifying times as set down by the Head Coach for National Squad
2. National Elite squad requires continuous commitment to minimum of 6 National Elite Squad sessions per week selected from the National Elite Squad Session Schedule.
3. Sessions with other squads (e.g. State/District squads) do not count towards the 6 sessions
4. If a swimmer cannot commit to the minimum of 6 sessions with the National Elite Squad, they do not meet the criteria for National Elite Squad involvement (unless an exemption has been granted - refer below)
5. Attendance records will be kept, with attendance reviewed during the year on a monthly basis.
6. Swimmers who cannot attend a scheduled session are to arrange to contact the Coach by phone/text in advance of the session.
7. Swimmers will commit to swimming in the meets that the coach sets out as target meets for their development.

The difficulties of getting to sessions are recognised and of balancing multiple commitments. Swimming is certainly a challenging sport for parents as well as the swimmers! We encourage consideration of car-pooling where appropriate and possible, to assist with session attendance.



Exemptions/Exceptions to minimum attendance requirements

- Exemptions to the minimum of 6 National Elite Squad Sessions will only be granted in exceptional circumstances - approval for the exemption is to be sought from Swim Squad Subcommittee who are the only party who will consider and grant exemptions. Application must be made in writing forwarded to 'SSC Swim Squad Subcommittee', via the SSC President (sscpresident@paulsadlerswimland.com). Applications should state the swimmers name, reason for seeking the exemption, including the specific circumstances for the exemption, the period for which the exemption is sought, and the number of sessions that the swimmer would be committing to attending should an exemption be granted. A formal response will be provided in writing, and exemptions will be recorded in SSC Committee meeting minutes (for privacy reasons, the reason for the exemption will not be recorded in the minutes). This process is intended to ensure consistency, due process and fairness in considering individual circumstances.
- If an exemption has not been granted, and a swimmer cannot commit to a minimum of 6 National Elite Squad sessions, then the swimmer can train with their National/State Squad, but cannot swim in any National Elite Squad sessions.
- Examples of possible exemptions might be:
 - Athletes who are injured and can only do reduced sessions but where the Athlete and parents commit to minimum of 6 National Elite Squad sessions when fully fit
 - Older swimmers who the National Elite Squad Coaches agree would be advantageous to the group to have a 'training partners' due to their experience, or who have short term educational issues (e.g. VCE)
 - Any other exceptional circumstance, where the restriction is short term and a commitment is given to resume minimum sessions