

# Team Selection



Season 2024/25

# Halesowen Swimming Club

## Team Selection Policy

Leagues currently supported by Halesowen Swimming Club:

- **National Arena League**
- **Worcester Winter League (rejoined)**
- **Mercian Summer League**
- **Nuneaton Junior League**
- **SwimGainz League**

Purpose of the policy is to promote fairness and understanding when selecting teams for the various leagues in which Halesowen Swimming Club compete.

Where possible:

- Each league, ideally, is to have assigned a team manager, The team will be selected by the a member of the coaching team, to include the Head/Assistant Coach.
- Team list is to be discussed with designated coach, made public on noticeboard, website and Swim Manager. List to be published at soonest possible time, where possible 2 to 3 weeks before the competition. The list will be the required team on the day/evening. Reserves will be contacted at the soonest possible time. The Team list can and will be, subject to change, depending on availability.
- Team sheet to be produced by designated coach. Team sheet to be distributed to club coaches, chaperones and officials.
- Team sheet to be made available to swimmers before the start of warm up of the competition.

### Team Selection Criteria

#### **National Arena League Nuneaton Junior League**

These are to be considered 'A' team competitions. Our strongest and most competitive swimmers will be selected to swim in this league. Those not available, the next fastest swimmer down the order will be selected, with league rules in mind (i.e. 2 swims in age-group, 1 swim up).

#### **Worcester Winter League (rejoined)**

This league will be utilised as predominantly 'B' team competition. Details will be released once more information from the league has been received. It is the aim to have a minimum of 2 teams in this league.

## **Mercian Summer League**

With the absence of Regional swimmers upwards, next in rank swimmers are to be selected for this league. Those in relays from 'A' competitions are to be given the opportunity to swim individuals where possible and appropriate. When swimmers are unavailable the next down in ranking to be selected. This is still a competitive league so a strong team should be selected where possible.

## **SwimGainz League**

Swimmers who do not have individuals in Nuneaton Junior League will be given opportunities to have individual swims in the SwimGainz League. Novice swimmers and next in rank down our lists are to be selected in relays. Forthcoming 9 year olds are to be given experience to ready them for the Nuneaton League. 'A' team swimmers to be used where there are spaces to be filled in the team.

## **Open Meets**

### ***Level 4***

Club Championships will be available and open to all swimmers from Junior Skill Development upwards. Championships to be licensed so any County Championship qualifying times achieved will be officially recognised.

### ***Level 3***

All squad swimmers to attend where possible, these open meets are to be targeted for qualifying for County Championships and West Midlands Regional Championships. Enter, where possible, one long course open meet per year to give swimmers the experience of swimming long course.

### ***Level 2***

All swimmers meeting the specified meet criteria to enter these targeted open meets for County Championships and Regional Championship qualifying. Specific events to be targeted such as 400m FC & IM, 800m and 1500m FC. Long course Level 2 meets also to be targeted to give swimmers opportunity to improve upon their long course experience and times.

### ***Level 1***

Upper County and Regional swimmers to enter to gain experience of a higher level of competition, especially long course competitions, with a view to condition the swimmers and make them more comfortable at competing at higher levels than normal. These meets are designated for qualifying for long course National Championships i.e. English and British.

Each open meet to Level 3 to take a minimum of 2 coaches to ensure swimmers are chaperoned and are given the required pre and post, race feedback.