

TWHST Squad Criteria:

Squad Name	Fitness Squad												
Introduction	This is a squad for any swimmer in the club who would like to carry on swimming but either does not wish to compete or would only like to swim 1 or 2 sessions per week, the sessions for this squad will run alongside A Squad but will not necessarily have the same contents												
Training times:	<table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Day</th> <th>Time</th> <th>Type</th> <th>Venue</th> </tr> </thead> <tbody> <tr> <td>Monday PM</td> <td>1930-2030</td> <td>Swim</td> <td>Thirsk Pool</td> </tr> <tr> <td>Friday PM</td> <td>1930-2100</td> <td>Swim</td> <td>Thirsk Pool</td> </tr> </tbody> </table> <p>Total amount of pool time: 2.5 hours per week available</p>	Day	Time	Type	Venue	Monday PM	1930-2030	Swim	Thirsk Pool	Friday PM	1930-2100	Swim	Thirsk Pool
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Monday PM	1930-2030	Swim	Thirsk Pool										
Friday PM	1930-2100	Swim	Thirsk Pool										
Aims and Objectives:	<ul style="list-style-type: none"> • To keep swimmers involved with TWHST • To give swimmers who do not wish to compete or who would only like to swim 1 or 2 sessions per week somewhere to train • To continue development and increase Aerobic Capacity 												
Selection Criteria:	<ul style="list-style-type: none"> • Age - 14+ • Swimmer only wish to swim 1 or 2 sessions per week • Swimmer does not wish to compete 												
Commitment Criteria:	<ul style="list-style-type: none"> • Always arrive on poolside 5 minutes before the session in due to start with hats and goggles on ready to go • Always arrive with the following equipment:- Hats (1xspare), Goggles (1x spare), kick board, pull buoy, fins , drink (1L per 1 hour) • Sessions must be completed to the best of the swimmers ability maintaining a positive attitude and providing the younger swimmers in other squads someone to look up to and ask for any advice (being a good role model) 												
Exit Criteria:	<ul style="list-style-type: none"> • Swimmers fail to achieved the published commitment criteria unless discussed and cleared by the squad coach/teacher • Swimmers fails to adhere to the TWHST code of conduct • Swimmers not conducting themselves in a way that they can achieve the squads aims and objectives (Technical, Physical, Mental) in this instance they may be moved into a different squad 												