



S W I M M I N G C L U B

Corby Swimming Club

Squad Moves Philosophy

Corby Swimming Club is committed to providing a positive, safe, and development-led environment that supports every swimmer in reaching their performance potential. Our squad structures ensure athletes train alongside others at a similar stage of technical, physical, and emotional development, creating the right conditions for sustained progression, long-term enjoyment, and success in the sport.

How squad moves are decided

Movement between squads is led by the coaching team and is based on a holistic assessment of each swimmer. While competition performances may be taken into account, they are only one part of the overall picture and are not the sole basis for decisions about squad placement.

Coaches consider a range of factors, which may include:

- Training commitment and attendance
- Racing commitment and attendance
- Attitude, effort, and coachability
- Technical development across all strokes
- Ability to cope with the physical and mental demands of the squad
- Maturity, confidence, and overall wellbeing
- Space, safety, and balance within squads

Progression is individual

Swimmers develop at different rates. It is normal for swimmers to remain in the same squad for extended periods while they consolidate skills, build confidence, or mature physically and emotionally. Progression is viewed as a long-term developmental journey, not a race to move up as quickly as possible.

Transitions and trial periods

Where appropriate, coaches may use transition sessions or trial periods to assess a swimmer's readiness for a different squad. This approach helps ensure that any move is sustainable and in the swimmer's best interests. Not all trial periods result in a permanent move.

Communication

Coaches are happy to discuss a swimmer's development and provide constructive feedback on areas to focus on in training.

All decisions regarding squad placement rest with the coaching team, and the Head Coach has final responsibility and authority for these decisions.

Please note that we will not notify parents that other swimmers will be moving in or out of the squads as this

Our commitment

We aim to make squad-movement decisions fairly, consistently, and transparently, while recognising that professional coaching judgement is essential. The club reserves the right to move swimmers between squads where this is necessary to support development, maintain safety, or ensure an effective and positive training environment for all.