



England Junior Talent Squad

- Following the recommendations of the 2009 Junior and Comen Coaches, the NPD has determined the best action for the Junior Squad of 2010 is to remain in country and participate in preparation training camps to improve their quality of fitness for the 2011 competitive season. This team will be called the 2011 England Junior Talent Squad.
- The HPC Junior athletes (3) will not form part of this Junior Squad in 2010 due to conflicts with the senior competitive schedule. The Junior Duet and Solo (2 athletes) will participate at the 2010 Junior European Championships. They will not compete at the 2010 Junior Worlds, as this competition is in direct conflict with the Senior European Championships in 2010 and the 2010 FINA World Cup event. Their participation will ensure continued GB participation in Europe at the Junior Age Group in 2010.
- The Junior Duet and Solo will be selected by the NPD from the junior age athletes currently training at the HPC in 2009/2010. There are currently 3 athletes of age eligibility.
- The Team routines selected for the 2011 England Junior Talent Squad and the 2010 England Talent Squad (Comen Cup Squad) will be the same. This will ensure a seamless transition from the Comen Squad to the Junior Squad and assist the performance as the learning phase will be considerably shortened for the athletes from Comen to junior age. The 2011 Junior Training Squad will learn the Team free and the Combination of the HPC of the 2009 World Championship routines.

England Junior Training Squad

- **Numbers of athletes to be selected:** Minimum number 16 maximum number 24 athletes
- **Selection criteria:** All athletes at the 2009 British Championships and NAG's of age eligibility will be considered by the NPD and ASA TDO. A letter of invitation will be forwarded to the athletes in January 2010 to confirm their selection to the training squad.
- **Age:** Must be competitive in 2011 as junior athletes (14 – 18 ages in 2011). Those athletes who are junior competitive age in 2010 will also be considered.

Phase 1 Camps: Fitness based

- Aerobic fitness training
- Links with other ASA programmes and disciplines for events and training ie. Speed, diving, waterpolo.
- Running competitive events
- Flexibility training based on the HPC training
- Core strength training based on the HPC
- Physio screening

Phase 2 Camps: Basic Routine training

- Learn the 2011 Junior Team routine
- Learn the 2011 Junior Combo routine

Staff

- 1 x Head Coach
- 1 x Assistant Coach
- 1 x Team Manager/Assistant Coach
- Specialists during camps and training days including physiotherapist, S&C, nutritionist, diving coach, swimming coach.

Please Note: TDO reserves the right to change plans as if necessary to fit with any budget constraints.