



ORKNEY 2025



Isle of Wight Island Games Swimming Training Criteria

The following criteria must be achieved before being considered and invited to train, in the squad, for the Island Games Orkney 2025. Only swimmers accepted into the squad will be considered for selection, to represent the Isle of Wight in Orkney 2025. **YOU MUST:-**

- Be eligible to be selected to represent the Isle of Wight (See section 6, <https://www.iiga.org/media/constitution/OPERATIONAL%20GUIDELINES%20November%202023.pdf>)
- Have the agreement of your coach and club to allow you to be considered to train for and possibly compete for the Games.
- Attend a **minimum of 8 hours regular weekly training, in the pool**. These will be monitored weekly. This will need to be increased to 10 hours from 1st Jan 2024. **This must be maintained to be considered for the Games**
- Have achieved at least one of the training times from 1st Jan 2024, at a licensed meet. The times must be included in the rankings published by Swim England. **Time trials in any form or times from masters' rankings will not be accepted.**
- Be fit and healthy
- Have good attitude and effort, consistently follow training schedules in their entirety, demonstrate an excellent attitude to training and competitions, demonstrate positive behaviour and team spirit, of an extremely high standard in training and competition.
- Have signed and returned the declaration of interest form by midnight 26th September 24

As the swimmers may have the opportunity to represent the Isle of Wight at this international event, it is vital that they act appropriately, always. Manners, respect towards all swimmers/Team Management/officials must be demonstrated at all training sessions and when representing clubs at galas.

Decisions in relation to swimmers in the Island Games squad, asked not to attend training until their commitment and/or attitude has reached an acceptable level will be taken by Island Games Swimming Management Team Seaclose Swimming Club Chairman and the swimmer's Head Coach, if not training with Seaclose Swimming Club.

Consider the following:

- Pool training is vital for anyone wishing to be considered. Our competitors are training on average at least 16 hours in the water plus 6 hours land-based exercise per week.
- Orkney is a six-lane pool, the standard of competition is extremely high, making finals will definitely be a challenge

The Island Games is an international competition and as such you are expected to be at your absolute best when you compete over four days. This will only be achieved by total dedication, hard work and determination over a long period of time.

Please note the closing date for times to be achieved in licensed competitions, for consideration and selection must be received by midnight 12th Jan 2025.

Any selection made for the International Island Games is proposed to the Isle of Wight Island Games Association who have the right of veto for any athlete in accordance with their selection disqualification policy.

