



ST PAUL'S BARNES  
SWIMMING CLUB

## JUNIOR ACADEMY SQUAD CRITERIA

**\*This document must be read in conjunction with the Club Ethos and Expectations**

### SWIMMING COMPETENCE

- Swimmers are expected to have reached at least Level 7 standard in the ASA's National Swimming Teaching Plan before joining this squad.
- Prospective swimmers must have developed a quality stroke technique up to 100 meters.
- Swimmers must be able to swim at least 25 meters Butterfly.
- Swimmers can perform a tumble turn and a dive from the starting block.

### AGE

7-9

### COMMITMENT

The minimum weekly commitment is 2 x pool sessions and 1 x stretching session per week.

### ABOUT THIS SQUAD

The Junior Academy is a structured teaching and coaching programme designed for swimmers who are ready to take the next step from a swimming teaching environment towards competitive swimming. The aim of this squad is to develop the basic swimming skills needed to be a competitive swimmer and is based around the ASA's Long Term Development Plan.

The focus of this squad is to work on developing an efficient technique in all four strokes as well as starts and turns in a fun and friendly environment.

**Lead Coach:** TBC

**Swimmers:** Boys & Girls – 7 to 9 years

**Training:** Pool sessions – 5.5 hours (4 sessions) per week plus 1 x 30 min stretching session.

**Competitions:** Club and Borough Championships, entry level Inter Club Swim Leagues and selected B Level Meets

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

