



JUNIOR ACADEMY SQUAD CRITERIA

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

1. SWIMMING COMPETENCE

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

2. AGE

7 – 11

3. COMMITMENT

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

*Any exceptions to the criteria need to be discussed and agreed with the coaches and will be at their discretion.

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 and good, correct starts and turns in all strokes, including individual medley, in a fun and friendly environment.

Lead Coach: Bradley Sills

Swimmers: Boys & Girls – 7 to 11 years

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

Competitions: Club Championships, entry level inter-club swim competitions and level 4 licensed open meets.

Tel: 020 8746 5398. Fax: 020 8746 5353. Web: www.stpaulsbarnessc.com.
Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

