



PRE-TEAM SQUAD CRITERIA

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

1. SWIMMING COMPETENCE

A swimmer must be able to:

- swim 25m in 3 different strokes
- complete a 1 hour swimming session
- have some history of swimming tuition

2. AGE

7+

ABOUT THIS SQUAD

This squad is suitable for children who have not yet reached Stage 7 of the ASA National Plan, but who are able to comfortably swim 25m in 3 different strokes. Children should also have a basic understanding of all 4 competitive strokes. This squad train once a week for 1 hour. Sessions will aim to improve the technique of all strokes while increasing the swimmers stamina in the water by covering an approximate distance of 700m - 1000m. Sessions are run in a relaxed and friendly environment so as to ease the transition of swimmers from lesson based swimming to coaching based. During these sessions swimmers will be comfortably introduced to the following:

- Swimming lane discipline
- Learning to interpret the whiteboards that are used by the coaches
- Sets based on distance i.e. 4x100m instead of number of lengths
- Use of the pace clock

The learning of all these skills will provide a seamless transition for swimmers to Junior Academy Squad.

Lead Coach: Damien Bryan

Swimmers: Boys & Girls – 7+

Training: Pool sessions – 1 hour (1 session) per week.

Competitions: Club Championships, Club Mini-Sprints

