



ST PAUL'S BARNES
SWIMMING CLUB

PRE - TEAM SQUAD CRITERIA

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

SWIMMING COMPETENCE

A swimmer must be able to:

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

AGE

8 years and younger

ABOUT THIS SQUAD

This squad is suitable for swimmers who have not yet reached Stage 7 of the ASA National Plan, but who are able to swim 25m in 3 different strokes. Swimmers should also have a basic understanding of all 4 competitive strokes.

This squad trains once a week for 1 hour. Sessions are aimed at improving 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 to ease the transition of swimmers from lesson based to coaching based swimming.

Swimmers will be introduced to the following concepts and skills:

- Correct use of the lane
- How to interpret the use of whiteboards by the coaches
- Sets based on distance i.e. 4x100m instead of number of lengths
- Use of the pace clock

This squad will provide swimmers with the necessary skills and experience to make the transition up to the Junior Academy Squad.