

## **COMPETITION DEVELOPMENT SQUAD**

- Aimed at swimmers aged 11 +.
- 5 + required sessions a week. (Morning training suggested.)
- Club Nights                      MON / WED / FRI
- Weekday Mornings              MON / WED / FRI              6.30-7.30am
- Saturday                              7.30-9.00am
- Sunday                                4.30-6.00pm.
- Gym Sessions

### **Aims**

- To provide a training program to enable swimmers to compete at Level 2 events or above.
- To produce swimmers to compete in club's competitive teams.

### **Requirements**

1. To be able to complete 3 x 200m IM on 5 minutes, holding an average below 3-15.
2. Have competed at an 'external' individual swimming event.
3. To have achieved a Level 2 qualifying time.
4. To have been attending 5 sessions a week (including at least 1 morning) for the previous 2 months.
5. To have consistently made themselves available to represent the club in team competition.