

MICRO DEVELOPMENT SQUAD

- Aimed at swimmers aged 8-12.
- 3-5 sessions per week PLUS 1-2 Gym sessions.
- Sessions available:
 - Club Nights MON / WED / FRI
 - Saturday 7.30-9.00am (By invitation.)
 - Sunday 4.30-6.00pm.

Aims

- To further develop member's competitive swimming skills.
- To prepare swimmers for entry to individual competition.
- To prepare swimmers for club's teams.
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Requirements

1. To be able to complete 4 x 100m IM on 4 minutes, holding an average below 2-10.
2. To have 4 'good' competitive swimming strokes and be able to perform competitive dives and turns with confidence.
3. To have completed the NPTS Stage 8 & 9 Awards.

Qualification For Team Development Squad

- Able to do 5 x 100m I.M. on 4 min. (Averaging under 1:45.)

Qualification For Competition Development Squad

- To have been attending 5 sessions a week for a 2 month period.
- To have competed at an 'external' individual swimming event.
- To have achieved a Level 2 qualifying time.
- To be able to do 3 x 200 I.M. on 4 min (Averaging under 3:15.)