

## **TEAM DEVELOPMENT SQUAD**

- Aimed at swimmers aged 12 +.
- Number of sessions at swimmers discretion.
- Sessions available:
  - Club Nights                      MON / WED / FRI
  - Saturday                          7.30-9.00am              (by invitation)
  - Sunday                              4.30-6.00pm
  - Lifesaving (MONDAYS)      Water Polo (THURSDAY)

### **Aims**

- To provide a training program to enable swimmers to remain active within the sport on an individual non-competitive basis.
- To produce swimmers to compete in club's competitive teams.

### **Requirements**

1. To be able to complete 5 x 100m IM on 4 minutes, holding an average below 1-45.
2. To have 4 reasonable swimming strokes and be able to perform competitive dives and turns with confidence.

### **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.)