

TECHNIQUE DEVELOPMENT SQUAD

- Aimed at swimmers aged 7-10.
- 2-4 sessions a week.
- Sessions available:
 - Club nights MON / WED / FRI
 - Sunday 8-9am (Fleetwood)

Aims

- To begin to develop member's competitive swimming skills.
- To prepare swimmers for entry into internal club competition.
- To produce swimmers to compete in club's micro league teams.
- To complete the NPTS Stage 8 & 9 Awards.

Requirements

1. To have the basis of at least 3 swimming strokes.
2. To be able to participate in an hour swimming session safely and with confidence.

Qualification for Micro Squad

1. Must have 4 'good' competition swimming strokes.
2. To be able to dive in and turn safely and confidently.
3. To be able to do 4 x 100m I.M. on 4 min.
(Averaging under 2:10.)
4. To have completed the NPTS Stage 8 & 9 Awards.