



Squad Progression and Criteria 2018-2019



Development Squad

Lead Coach: Paul Perry

Assistant: Nicky Matthias (Mon pm), Michelle Harries (weds pm), Max Balch (weds pm) Mark Ovens (Fri pm, Sun am)

Hours per week: 6 hours pool time and 1 hour land training

Minimum 3 swim sessions + 1-strength and conditioning per week

Focus

Advancing skills, technique and overall athletic development, with emphasis on progressing endurance and stamina ability.

Criteria

- Able to complete both Pre-Pool and Post Pool and understanding of its importance.
- Understanding how to take Heart Rate (HR) including working with PB+ and RPE Model training sets.
- All four strokes legal including legal starts, turns and transitions.
- Must have demonstrated ability to swim a 200IM legally.
- Can complete 4x100 free @ 2.10 with tumble turns to satisfaction of coach.
- Willingness to set personal goals (with guidance from coach) and work towards attaining them with a commitment to team events.
- Must be able to use timing clock independently.
- Continue development fundamental movement skills as part of land training session.

Commitment

- To swim successfully during club training and competitions aspiring to compete at County/Regionals, Level 2 and 3 meets (or in other swim disciplines) with strong commitment to the programme.
- Expected to swim for the club in Arena League and other team events as directed by the coaching staff.



Development Squad Criteria (Cont)

- Swimmers are expected to attend regularly, as many pool sessions as they can each week, including land-training.
- Ability to take on-board constructive criticism, verbal instructions/directions and apply to stroke