



Squad Progression and Criteria 2018-2019



Junior 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, techniques and overall athletic development with emphasis on progressing endurance and stamina ability.

Begin to identify own specific swimming goals and objectives.

Criteria

- Can perform a shallow racing dive from side of pool or blocks and legal turns and transitions
- Be technically proficient at 3 strokes, able to streamline and travel underwater utilizing dolphin kick (front and back)
- Must have demonstrated ability to swim a 100IM legally
- Can complete 8x50 free @1.15 with tumble turns to satisfaction of your coach
- Willingness to set personal goals (with guidance from coach), and work towards attaining them with a commitment towards any team competitions.
- Must have basic understanding of the timing clock and working towards using timing clock independently
- A desire and commitment to improve technically, physically and mentally and continue progressing through YDSC

Commitment

- Have ambitions to race at County level and beyond or compete in other swim disciplines or increase swim fitness and ability
- Swimmers are expected to attend regularly as many pool session as they can each week including land-training.



Junior Development Squad Criteria (Cont)

- Compete in Club Championships including time trials, and begin to compete at Level 3 meets. Expected to swim for the club in Junior League and other team events as directed by the coaching staff.