



Squad Progression and Criteria 2018-2019



Junior Skills Squad

Lead Coach: Mark Ovens

Assistant: Lisa Bartlett (Mon & Weds pm) Paul Perry (Sun am)

Hours per week: 3 hours pool time

Focus

To maintain a fun atmosphere whilst introducing the basic elements of competitive swimming.

Criteria

- Swimmers are enthusiastic about swimming more than once per week.
- Swimmers are working on summersault turns and are learning how to perform a dive.
- Swimmers can perform streamlining off wall on front and back.
- Swimmers can kick 25m of each stroke to a satisfactory standard.
- Swimmers can perform 25m of front-crawl, backstroke and breaststroke to the satisfaction of the coach.

Commitment

In order for the swimmer to move forwards with their swimming development it is important that they attend as many sessions as possible. Although we don't set a minimum we would suggest at least 2 sessions a week.