



Squad Progression and Criteria 2025/26

Junior Development Squad

Coach: Lead Coach Lauren Holmes

Hours per week: 6 hours pool time and 1 hour land training
minimum 3 swim sessions + 1 strength and conditioning a week

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| Focus | <p>Advancing skills, techniques and overall athletic development with emphasis on progressing endurance and stamina ability.</p> <p>Begin to identify own specific swimming goals and objectives.</p> |
| Squad Criteria | <p>Can perform a shallow racing dive from side of pool or blocks and legal turns and transitions</p> <p>Be technically proficient at 3 strokes, able to streamline and travel underwater utilizing dolphin kick (front and back)</p> <p>Can complete swim a 2 x 100IM R30</p> <p>Can complete 4x100 free @2.20 with tumble turns to satisfaction of your coach</p> <p>Willingness to set personal goals (with guidance from coach) and work towards attaining them with a commitment towards any team competitions.</p> <p>Must have basic understanding of the timing clock and working towards using timing clock independently</p> <p>A desire and commitment to improve technically, physically and mentally and continue progressing through YDSC</p> |
| Commitment | <p>Have ambitions to race at County level and beyond or compete in other swim disciplines or increase swim fitness and ability</p> <p>Swimmers are expected to attend regularly as many pool session as they can each week including land-training.</p> <p>Compete in Club Championships including time trials, and begin to compete at Level 3 meets. Expected to swim for the club in any League and other team events as directed by the coaching staff.</p> |