



Squad Progression and Criteria 2025/26

Junior Skills Squad

Coach: Lead Coach Emma Stacey and Anne Suosilta

Hours per week: 3 hours pool time and 1 hour land training

Focus	To maintain a fun atmosphere while introducing basic elements of competitive swimming.
Squad Criteria	<p>Swimmers are enthusiastic about swimming more than once per week.</p> <p>Swimmers are working on summersault turns and are learning how to perform a dive.</p> <p>Swimmers can perform streamlining off wall on front and back.</p> <p>Swimmers can kick 25m of each stroke to a satisfactory standard.</p> <p>Swimmers can perform 25m of front-crawl, backstroke and breaststroke to the satisfaction of the coach.</p> <p>Swimmers can perform 50m of continuous front-crawl or backstroke</p>
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.