



Squad Progression and Criteria 2025/26

Skills Squad

Coach: Lead Coach Emma Stacey and Anne Suosilta

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

Focus	Advancing skills, techniques and overall athletic development and preparing for the exciting challenges of competing regularly and beginning the journey in competitive swimming.
Squad Criteria	<p>Swimmers are generally looking to compete in the future or increase fitness.</p> <p>Swimmers can kick 50m of each stroke to a satisfactory standard.</p> <p>Swimmers can perform 50m of front-crawl, backstroke and breaststroke to the satisfaction of the coach, with a minimum of 5m underwater kick.</p> <p>Swimmers are working towards 25m Butterfly legally with good technique.</p> <p>Swimmers can perform 4 x 50m R15 seconds freestyle and 1x100 continuously, with correct side breathing.</p> <p>Swimmers are refining tumble turns and touch turns on all four strokes.</p> <p>Swimmers can perform a dive from the side of pool.</p> <p>Swimmers can perform multiple drills in all strokes to a satisfactory standard.</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 (plus the link session when invited)