

BARNET SWIMMING TRAINING SCHEME

CLUB SQUAD

Entrance Criteria Swimmers must be above the level of Dolphins squad in order to join this group.

A skill acquisition and socially orientated squad, catering for swimmers who are unable to make the level of commitment or competition standard required for one of the other groups in the Training Scheme. Competition is voluntary in this group and swimmers are not required to make a minimum attendance criteria although it will be in their best interests to keep up a regular attendance in order to continue to improve. Swimmers will be taught stroke mechanics, starts, turns and finishes and will be required to complete sprint and endurance sets in order to work the separate energy systems. There are four sessions per week available to this squad with an additional three sessions provided if the swimmer is regularly completing the original four sessions.

Coach to Swimmer ratio 1:50