

BARNET SWIMMING TRAINING SCHEME

DOLPHINS SQUAD

Entrance Criteria The swimmer must have been promoted from the Advanced classes of GLL Swimschool.

OR

The swimmer must be capable of swimming 100 metres each of Backstroke, Breast Stroke and Freestyle with reasonably good technique, they must be capable of swimming 800 metres continuously with a mixture of strokes and they must be capable of doing a forward somersault in the water.

The first of the coaching scheme groups introducing stroke technique skills, watermanship exercises and basic training methods. Swimmers are expected to swim at least one session per week but will need to be attending at least two sessions per week in order to be promoted to the next group. Swimmers will be taught competitive Backstroke, Breast Stroke, Freestyle and Butterfly with all the associated starts, turns and finishes in each stroke. Swimmers will be prepared for minor internal competitions, local development meets and BCSC Club Championships. Initially competitive dives can only be taught in deep water so it is important for your child to attend the Saturday morning session when we have accessibility to the diving pool. Swimmers in this group will work in the Fundamentals stage of the ASA LTAD Plan.

By accepting your position in the group you are agreeing to the above criteria.

Coach to Swimmer ratio 1:30