

BARNET SWIMMING TRAINING SCHEME

PRELIM SQUAD

Entrance Criteria The swimmer must be training an average of three sessions per week before being promoted to this group.
The swimmer must be competing at time trials and minor competitions.
The swimmer must be capable of swimming a 200 IM legally to ASA laws.
The swimmers will be selected for promotion to this group based on age, competition performance, attendance, training ability, talent, technical ability, attitude and parental commitment to the scheme/club.

This is a transition group concentrating on the technique of the four strokes to improve co-ordination and aerobic endurance. Swimmers will be prepared for County Age Groups and smaller open meets, interclub galas and club championships which they will be expected to compete in. The maximum age of swimmers in this group is 10 yrs of age. Swimmers will be promoted to Junior Age Group based on performance for their age.

Minimum attendances	8 years	3 sessions/week
	9 years	4 sessions/week
	10/over years	5 sessions/week

All ages are as at 31 December. Eg 10 year olds in 2015 are all 2005 born swimmers.

**By accepting your position in the group you are agreeing to the above criteria.
Coach to Swimmer ratio 1:36**