

BARNET SWIMMING TRAINING SCHEME

SHARKS SQUAD

Entrance Criteria

The swimmer must be training a minimum of two 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 Backstroke, Breaststroke and Freestyle legally to ASA laws for a minimum of 200 metres each stroke.

The swimmer must be capable of swimming Butterfly legally to ASA laws for a minimum of 25 metres.

The swimmer must have a knowledge of Individual Medleys.

The swimmer must have passed the competitive start test.

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.

This is an intermediary stage between Dolphins and Preliminary Group which continues the development of all four strokes with emphasis on good technique. The skills of competitive starts, turns and finishes will be taught and expected to be used at all times during training and competitions. Swimmers will be expected to attend a minimum of three times per week. The maximum age of a swimmer in this squad is 10 years of age. This group will work in the Swimskills stage of the ASA LTAD Plan.

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

Coach to Swimmer ratio 1:36