



Junior Club Squad



Junior Club Squad is a competitive training squad with the specific purpose of allowing swimmers aged 11 to 14 years old the opportunity to train amongst their peers.

The majority of the swimmers in the squad will lack race experience and the training will focus on building confidence and teaching the race skills required to compete under the guidelines of the ASA rules. The training will continue to develop technical skill and speed whilst working on all four strokes.

The squad offers three training sessions per week.

Minimum Attendance Requirements

- 1 training session each week
- 2 competitions each season including Club Championships

Swimmers must maintain these standards in order to remain in the squad.

Performance Pathway

Club Squad

Swimmers may be offered promotion into Club Squad based on the following criteria:

- Application and attitude to training and competition
- Training performances (swimmers must demonstrate that they are capable of training at the standard set by the Club Squad Coach)
- Attendance (swimmers must maintain the minimum attendance requirements in order to remain in the squad)

All promotions will be at the discretion of the Junior Club Squad Coach and approved by the Head Coach.