



## Junior Club Squad Criteria



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 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 one-hour training sessions a 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:

- Attitude to training and competition
- Attendance (must attend two sessions a week and two competitions a season for consideration)
- Training performances (swimmers must demonstrate that they are capable of training at the standard set by the Club Squad Coach)

All promotions will be at the discretion of the Squad Coach.