

### BRONZE (AGE) SQUAD

The aim of this squad is to be competing at County Championships. Committed to training, competing in Level 2, 3 and 4 meets. These swimmers will set goals with the coach.

### CRITERIA

#### SWIMMING

- All four strokes should be legal
- Must achieve County Qualifying Times within that swimming season
- Capable of swimming 400m frontcrawl with competitive turns
- Capable of swimming:
  - 10 x 100 frontcrawl @ 2 mins
  - 10 x 100 IM @ 2 mins 30 secs
- Basic skills must be present consistently
- Able to perform drills slowly and correctly
- All turns must be legal and performed correctly

#### NON-SWIMMING

- Age 10-14 years as at 31st December
- Invitation from the Head Coach
- Committed to attend all training sessions
- Focused and committed to intense training
- Regular competing in Level 2, 3 & 4 meets
- Enthusiastic and driven to achieve
- Attend strength and conditioning session each week
- Keep an up-to-date log book on Swim Club Manager or paper-based system
- Set and agree realistic goals with the Head Coach

#### EQUIPMENT REQUIREMENTS

- 2 x litre (minimum) water bottle filled with water or squash
- Swimming hat + spares (to be worn when in the pool)
- Current club swimming hat & club t-shirt for competitions
- Goggles + spares
- Fitted costume or trunks
- Kick board
- Short fins
- Sponge on rope
- Paddles
- Finger paddles
- Snorkel
- Skipping rope
- Resistance band
- Recording board and pencil

#### SWIMMERS MUST COMPETE AT

- Time Trials
  - Club Championships
  - Fenland League, when selected.
- You must make every effort to swim for the club.*
- Rob Welbourn Open Meet
  - Level 1, 2 & 3 meets and compete in 200IM

DAY	START TIME	END TIME	LOCATION
Monday	17.00	17.40	Spinroom
Monday	17.45	20.00	DSC
Thursday	05.45	07.30	DSC
Thursday	18.15	20.30	DSC
Friday	17.45	19.30	DSC
Sunday	16.45	19.00	DSC