



AGE GROUP DEVELOPMENT

SQUAD

The Head Coach and Lead Coaches have outlined the criteria requirements for this squad

SQUAD AIMS:

- ***This squad remains focused on developing both technical skills and competition skills***
- ***Swimmers may also still want to compete and are able to enter all internal and relevant open meets***
- ***This squad is typically aimed at swimmers aged between 11 - 16 years *****

AGE GROUP DEVELOPMENT SQUAD ELIGIBILITY

- ***Swimmers must aim to attend 2 of 4 sessions available***
- ***Swimmers should compete in internal galas and team events if selected***
- ***Swimmers should be able to swim all four strokes***
- ***Swimmers must have the ability to manage the training demands of the squad***
- ***Swimmers must adhere to the Code of Conduct***

NB. All criteria will be monitored and recorded and will form part of any decision-making process. The Head Coach will have the final decision on squad moves.

EQUIPMENT REQUIRED

Swimmers must bring the following equipment to all training sessions – kick board, pull buoy, fins, snorkel, finger paddles, hand paddles and a 1 litre drinks bottle

Land Equipment – skipping rope, stretch band

COACHING TEAM

Coaches - Ste Davison (Head Coach), Ian Miller, Jenny Ruscoe, Simon Welsby, Russell Fray

Land training – Phil Crabtree, Ste Davison (Head Coach)

***** unless otherwise agreed by the Head Coach***