



## **JUNIOR 1 SQUAD**

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

### **SQUAD AIMS:**

- ***This squad is focused on developing technique and competitive skills across all four strokes***
- ***This squad is typically aimed at swimmers 7 - 9 years \*\****

### **JUNIOR TRANSITION SQUAD ELIGIBILITY**

- ***Swimmers must attend at least 2 out of 3 water sessions per week \*\****
- ***Swimmers must aim to compete at the club's internal galas (if considered appropriate by the coaches)***
- ***Swimmers must demonstrate the ability 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 / Lead Coaches & Teachers 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 and a 1 litre drinks bottle***

### **COACHING TEAM**

***Adam Douglas (Squad Lead), Elaine Fitchie, Michael Stott, Russell Fray, Jenny Ruscoe, Paul Taylor, Simon Welsby, Ste Davison (Head Coach)***

***Poolside helpers - Adele Thomson, Toni Cadwell, Jeni-Lee Tranah, Russell Fray***

***\*\* unless otherwise agreed by the Squad Leads and the Head Coach***