



JUNIOR 2 SQUAD

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

SQUAD AIMS:

- ***Swimmers aspire to compete in club competitions and in external competitions from age 9***
- ***This squad is focussed on developing both stroke and technical skills and learning to compete***
- ***This squad is typically aimed at swimmers aged 8 - 10 years *****

JUNIOR 2 SQUAD ELIGIBILITY

- ***Swimmers must attend at least 2 out of 4 water sessions per week *****
- ***Swimmers must compete in internal galas***
- ***Swimmers once aged 9, are expected to enter level 3 external meets***
- ***Swimmers are expected to participate in team events if selected***
- ***Swimmers must be competent in all four strokes over 25m and demonstrate competitive skills such as starts and turns***
- ***Swimmers must have the ability to manage the training demands of the squad***
- ***Swimmers are required to race in the 100m IM and compete in a variety of events over the season***
- ***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 and a 1 litre drinks bottle

COACHING TEAM

Adam Douglas (Squad Lead), Robert Mayor, Simon Welsby, Jenny Ruscoe, Paul Taylor, Ste Davison (Head Coach)

Poolside helpers - Adele Thomson, Jeni-Lee Tranah, Russell Fray

***** unless otherwise agreed by the Squad Lead and the Head Coach***