



JUNIOR 4 SQUAD

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

SQUAD AIMS:

- *Swimmers aspire to compete at the Lancashire County Championships*
- *This squad remains focused on developing both technical skills and competition skills*
- *This squad is typically aimed at swimmers aged between 10 - 12 years ***

JUNIOR 4 SQUAD ELIGIBILITY

- *Swimmers must qualify and compete at the North Lancs District Championships or have the potential to achieve these qualification times within their first season in the squad*
- *Swimmers must attend an average of 3 out of 5 water sessions per week ***
- *Swimmers must attend the Wednesday land training session ***
- *Swimmers must compete in internal gals and external level 3 competitions and participate in team events if selected*
- *Swimmers must be competent in all four strokes and 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 200m IM and compete in a variety of event 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, finger paddles and a 1 litre drinks bottle

Equipment for land training – skipping rope

COACHING TEAM

Adam Douglas (Squad Lead), Robert Mayor, Ste Davison (Head Coach), Simon Welsby

Land training coaches - Ste Davison (Head Coach)

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

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