



Entry Criteria and Ongoing Performance Measurements

DEVELOPMENT SQUAD: Moving from swim skills to “learning to train” whilst gaining a basic knowledge of factors affecting your swim performance

“Don’t practice until you get it right, practice until you can’t get it wrong” Olympic gymnast

	Entry Criteria	Ongoing Performance Measurements
Attitude	<ol style="list-style-type: none"> 1. Have proven that you are able to listen, learn & act upon the coach’s feedback on a consistent & regular basis 	<ol style="list-style-type: none"> 1. To maintain & develop appropriate behaviour & responsibilities within a 1:1 & group training environment (for further information, see our Swimmers Code of Conduct on our website) 2. To develop greater responsibility for your learning & improvement by being ready to listen & learn in training 3. To begin to recognize the importance of long term athlete development (LTAD) by recognizing the importance of commitment to training & by gaining a basic knowledge of factors affecting your performance
Swimming technique & ability	<ol style="list-style-type: none"> 1. Have good stroke technique & good, legal turns on all 4 strokes 2. Can swim 400m continuously using one stroke with legal competitive turns 3. Can push & streamline then kick 25m butterfly without using a board 4. Can perform butterfly, backstroke, breaststroke & front crawl turns from 10m in to 15m out 5. Can perform a dive track start & dolphin kick underwater in a streamlined position for 5m with the focus on progressing it to 10m 6. Can complete a set totaling at least 800m as specified by the coach (i.e. using turnaround times as instructed) 7. Can swim a continuous 100m individual medley (4x25m) using recognized competitive turns 8. Can perform a 15m underwater kick on front from a push & glide in a streamlined position 9. Can perform butterfly, front crawl & backstroke starts, then dolphin kick in a streamlined position underwater. Transfer 	<ol style="list-style-type: none"> 1. To develop strokes & skills similar to those outlined in the Swim England Stage 10 Award & those described in the Swim England Competitive Start Award 2. To develop effective technique & skills for all 4 strokes 3. To develop effective technical & mental skills required to assist & improve performance 4. To develop basic aerobic conditioning & speed 5. To develop Individual Medley (IM) skills & effective starts & turns 6. To begin learning basic swimming mechanics 7. To begin learning the importance of nutrition & hydration in sport 8. To qualify for County Championships (to achieve finals & win medals) 9. To be selected for County Development Programmes.

	<p>into the stroke & complete the remainder of the 25m</p> <p>10. Can perform a breaststroke start, performing a one & a half pull underwater. Transfer into stroke & complete the remainder of the 25m.</p>	
Commitment	<p>1. Already attended at least 2 galas (& therefore, have ASA ranked times in some events)</p>	<p>1. To attend pool training sessions consistently & regularly</p> <p>2. To attend land training once 9 years old</p> <p>3. To compete regularly, once 9 years old, at Level 3 Licensed Meets</p> <p>4. At galas, to target all strokes & all relevant distances up to & including 400m events. In addition to these, older swimmers will also be expected to target distance events (800m/1500m).</p>