



Entry Criteria and Ongoing Performance Measurements

**JUNIOR SQUAD: Moving from lessons to “competitive swim skills” with emphasis on attentive behaviour and eagerness to learn**

*“The best swimmers are the best listeners”* Mel Marshall, Adam Peaty’s coach & coach to the GB Olympic swim team

	<b>Entry Criteria</b>	<b>Ongoing Performance Measurements</b>
<b>Attitude</b>	<ol style="list-style-type: none"> <li>1. Be ready to listen, learn and act upon the coach’s feedback</li> <li>2. Be willing to try new skills, meet new people and have fun</li> </ol>	<ol style="list-style-type: none"> <li>1. Good, attentive behaviour showing respect to others (for further information, see our Swimmers Code of Conduct on our website)</li> <li>2. To demonstrate a willingness to listen and learn</li> </ol>
<b>Swimming technique &amp; ability</b>	<ol style="list-style-type: none"> <li>1. Completed at least stage 7 of the Swim England Learn to Swim Pathway, or</li> <li>2. Has demonstrated the required level of skills during the trial (equivalent to at least stage 7)</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop strokes and skills similar to those outlined in the <a href="#">Swim England Stages 8 &amp; 9 awards</a></li> <li>2. To develop the preliminary disciplines required for competitive starts <ul style="list-style-type: none"> <li>• How to perform a shallow dive from poolside at the deep end, then the shallow end and working towards diving off the starting blocks</li> </ul> </li> <li>3. To develop the stamina necessary for progress in competitive swimming</li> </ol>
<b>Commitment</b>	<ol style="list-style-type: none"> <li>1. Attended as many sessions as possible during the trial</li> </ol>	<ol style="list-style-type: none"> <li>1. To attend pool training sessions consistently &amp; regularly</li> <li>2. To attend land training once 9 years old</li> <li>3. To compete in licensed open meets once 9 years old</li> <li>4. To compete in a minimum of 2 galas per annum, to include: <ul style="list-style-type: none"> <li>• Annual NASC club champs</li> <li>• Annual NASC winter gala ‘Yule in the Pool’</li> <li>• Any other galas for which they may qualify</li> </ul> </li> </ol>