

Criteria for entry into Minnows

- Frontcrawl: Correct breathing
Feel for the water
Good technique over 25m
- Backcrawl: Correct body position
Feel for water
Hold technique/body position over 25m
- Breaststroke: Correct kick
Understanding of stroke
Good knowledge of arm pull
- Butterfly: Understanding of stroke
- Skill: Standing dive

Criteria for entry into Junior Squad

- Frontcrawl: Good technique over multiple 25's
- Backcrawl: Good technique over multiple 25's
- Breaststroke: Good technique over multiple 25's
- Butterfly: Good basic knowledge to hold 25's
- Skills: Push off on frontcrawl/backcrawl streamlined
Attempt tumble turn
Finish at wall
Ability to dive correctly
Sculling forwards and backwards
Basic lane discipline
Basic understanding of pace clock

Criteria for moving from Juniors lanes 1/2 to Juniors lanes 3/4

Frontcrawl: Hold technique over 50m repeats.

Backcrawl: Hold technique over 50m repeats.

Breaststroke: Hold technique over 50m repeats.

Butterfly: Hold good technique over multiple 25's

Skills: Good knowledge of IM swimming

Legal starts/turns/finishes

Pace clock, understand 5 sec & 10 sec intervals and knowledge of start times on sets

Understanding of importance of dynamic stretching

Personal: Good attendance at training

All equipment/water bottle at each session

Good lane discipline

Criteria for moving from Juniors lanes 3/4 to Juniors lanes 5/6

Frontcrawl: Hold good technique over 100m repeats

Backcrawl: Hold good technique over 100m repeats

Breaststroke: Hold good technique over 100m repeats

Butterfly: Hold good technique over 50m repeats

Skills: Correct starts/turns/finishes on all four strokes and IM swimming

Ability to swim 100m IM proficiently

Good knowledge of clock and repeat times

Good understanding of stroke drills

Personal: Good attendance at training with all equipment and water bottle

Criteria for moving from Juniors lanes 5/6 to Transition Squad

- Skills:** Good technique with starts/turns/finishes on Frontcrawl, Backcrawl and Breaststroke on 200m repeats and 200m IM
Ability to take Heart Rate
Ability to self monitor using pace clocks
Fitness over 90min training session (good aerobic base)
Knowledge of sculling for all four strokes
Dynamic stretching before all swim sessions
- Personal:** Good attendance and attitude to training

Criteria for moving from Transition squad to Senior Squad

- Skills:** Perform all starts, turns & finishes proficiently and skillfully
Good Knowledge of training zones and heart rates
Ability to self-monitor accurately using pace clock and heart rates
Knowledge and understanding of purpose of drills
- Personal:** At least 80% attendance at training sessions
Good attendance at strength and conditioning training
Good application to all training sessions