

GLL – BARNET TRAINING SCHEME

DOLPHINS SQUAD A & B

Early Competitive Group

Entrance Criteria

The swimmer must have been promoted from Gold Level Development classes of GLL Swim School.
OR
The swimmer must be capable of swimming 100 metres each of Backstroke, Breast Stroke and Freestyle with reasonably good technique, and they must be capable of doing a forward somersault in the water.

General Info – this group covers the Fundamental and Swim Skills ages of LTAD

The first of the coaching scheme groups introducing stroke technique skills, watermanship exercises and basic training methods. Swimmers are expected to swim at least one session per week but will need to be attending at least two sessions per week in order to be promoted to the next group. Swimmers will be taught competitive Backstroke, Breast Stroke, Freestyle and Butterfly. The associated starts, turns and finishes on each stroke will be taught on Saturday morning when we have 30 mins extra for the session.

Recommended Attendance

2-3 times per week

Dolphins A

For swimmers 10 years and under

Promotion

See Sharks Entry Requirements. Swimmers must be good enough to be promoted to Sharks by 1 September in the year they turn 10 years of age. Swimmers not promoted by this age will remain in Dolphins until 31 December and then move to Dolphins B or Junior Club B depending on ability.

Dolphins B

For swimmers 11 years and Older

Promotion

Promotion to Junior Club B depends on spaces available, the strongest swimmers in the squad will be offered places first.

All ages are based on what age you will be on 31 Dec that year.

It is a choice to be part of this group whilst understanding and accepting the criteria above. We have other groups available if you do not wish to make the above criteria.

AUG 25