

GLL – BARNET TRAINING SCHEME

SHARKS SQUAD

Early Competitive Group

Entrance Criteria

The swimmer must be training a minimum of two sessions per week before being promoted to this group.

The swimmer must be capable of swimming Backstroke, Breaststroke and Freestyle legally to ASA laws for a minimum of 200 metres each stroke.

The swimmer must be capable of swimming Butterfly legally to ASA laws for a minimum of 25 metres.

The swimmer must have a knowledge of Individual Medleys.

The swimmer must have passed the competitive start test.

The swimmers will be selected for promotion to this group based on age, competition performance, attendance, training ability.

General Info – this group covers the swim skills ages of LTAD

This is an intermediary stage between Dolphins and Preliminary Group which continues the development of all four strokes with emphasis on good technique. The skills of competitive starts, turns and finishes will be taught and expected to be used at all times during training and competitions.

Recommended Attendance

3 sessions per week is recommended for this group/3-4 hrs per week

Minimum Attendance 70%

Maximum Ages

Swimmers may stay in the group until 31 December of the year they turn 10 yrs.

Promotion to Prelim

See Prelim Entry Criteria

All promotions are done where possible on times from licensed competitions, if no Licensed times are available then time trial results will be used. All licensed times are on the British Swimming website/Rankings/Event rankings last 12 months.

All ages are based on what age you will be on the 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.

Coach to Swimmer ratio 1:36

AUG 25