

GLL – BARNET TRAINING SCHEME

JUNIOR CLUB SQUAD – Entry to these groups is only from within the GLL Programme

Choice Competitive Groups

Junior Club B

Entrance Criteria

Swimmers must be above the level of Dolphins squad in order to be in this group. (NTP Stage 10 approx) Swimmers will be moved from Dolphins B, Sharks or Prelim to this group.

General Info

This group cater for swimmers who wish to be involved in a structured training programme for fitness, recreational or competition and are unable to make the age, attendance commitment or competition standard required for one of the other groups in the Training Scheme. Competition is voluntary in this group and swimmers are not required to make a minimum attendance criteria although it will be in their best interests to keep up a regular attendance in order to continue to improve. Swimmers will be taught stroke mechanics, starts, turns and finishes and will be required to complete sprint and endurance sets with a particular emphasis on the endurance work for fitness. There are three sessions per week available in Junior Club.

Promotion between the Club Squad groups is based solely on training performance. The swimmers leading the top lane in the group will be eligible to move to the next group first.

Junior Club A

Entrance Criteria

Swimmers will moved from Prelim, Junior Age Group or Junior Club B or to this Group.

General Info

As Junior Club B

Coach to Swimmer ratio: 1:40

AUG 25