



Junior Academy 1

<u>Squad Aim</u>	Swimmers in Junior Academy 1 are focusing on building strong technical foundations and developing an enjoyment of training and participation.
<u>Squad Lead</u>	Adrian Wright
<u>Age Range</u>	Typically, 7 – 9 years of age
<u>Training Expectation</u>	Focus on mastering key stroke technique (all 4 strokes) Develop streamlining, basic turns, and dives- Introduction to lane discipline. Build basic endurance while maintaining form
<u>Available sessions</u>	3 hours pool time.
<u>Attendance Expectation</u>	Minimum 2 sessions per week expected, aiming towards 3.
<u>Competition Expectation</u>	Aim to experience individual and relay racing and novice meets. Attend all identified meets suitable for squad. Enter club championships. Participation in team galas and junior leagues when selected.
<u>Movement Criteria</u>	Demonstrate consistent attendance and focus during training. Achieve required skills (e.g. legal turns, starts, strokes). Show ability to follow set structures and coach instructions. Perform legal starts and turns in a competition setting.

All squad movements/changes will be at the discretion of the Head of Development.

Training Kit - available <https://www.mailsports.co.uk/c/clubs/hillingdon-swimming-club>

Short Training Fins	Junior Snorkel	Alignment Board	Mesh Equipment Bag
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Any additional training kit required will be advised by the Lead Squad Coach / Head of Development.