



## Junior Academy 2

<u>Squad Aim</u>	Swimmers in Junior Academy 2 squad are focusing on building competent technical foundations and developing an enjoyment of training and racing.
<u>Squad Lead</u>	Kirsty Green
<u>Age Range</u>	Typically, 6 – 8 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>	2 hours pool time.
<u>Attendance Expectation</u>	2 sessions per week expected.
<u>Competition Expectation</u>	Aim to experience individual and relay racing and novice meets.
<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.

*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.*