



Entry Criteria

Preferably between the ages of 7-11yrs. (Discretion by the trial coaches on the night if aged 12 and over). Decision will be based on Age/ability to complete all tasks required in assessment.

We are looking for swimmers with a positive attitude.

Turn up with Goggles/waterbottle/suitable swimwear (if you have a cap then please bring)

Criteria –

Positive attitude

Push and glide on front for a distance (5 metres)

Streamline kick on back (50m)

Fly kick on back (50m)

Kick on front with board -Freestyle/Breast – (kickboard will be provided)

50m Freestyle and attempt a tumble turn

50m Backstroke

50m Breaststroke

25m Butterfly (attempt to try butterfly)

Attempt a dive start from side/Block

Trials will be undertaken by two experienced club coaches who will on the completion of all trials determine the successful candidates. Any assessment that is unsuccessful then feedback will be sent before a further assessment so there are areas to improve on before second assessment.