

Welcome to Development Squad

Please find below key squad information and a summary of what swimmers in the Development Squad are working towards.

Lead Coach: Katerina Naqvi

Training Sessions: 2 sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Greenwich Centre			Eltham Centre	
		18:30 - 19:30			17:00-18:00	

Training Accessories

Standard Kickboard	Short Blade Training Fins	Water Bottle	Swim Hat and Goggles
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Promotion Criteria: Promotion to **Bronze Squad** will be at the Lead coaches recommendation, swimmers will need to achieve the following, and any exceptions will be at the discretion of the coaching team/Head Coach

Aims and Objectives for swimmers in Development Squad Swimmers are aiming to complete the Swim England Club Award Stage Two, achieve the time standard criteria and compete in open competitions and league competitions as directed by the lead coach.

Swimmer Expectations

- Swimmers are expected to arrive on time to complete a 5 minutes pre swim RMAP warm up, on poolside where this is possible with the pool operator
- Shower before entering the pool
- Have all their kit ready for use at the start of each session
- Encourage each other as part of the squad
- Pay attention to coaching feedback and briefings
- Show an interest in their training and keep a record of their PBS and Monitoring sets
- Swimmers to spend 5 minutes at the end of the session stretching
- Abide by the Greenwich Royals Code of Conduct
- Never have mobile phones out in any changing room.

Time and Skill Standards for Promotion

Award		Requirements		
Bronze Award Times <i>(Open Meets and Club Championships or Internal Time Trials)</i>	50m Freestyle	47.00	Bronze Award	
	50m Breaststroke	1:00.40	Bronze Award	
	50m Backstroke	54.50	One of the 3 form strokes at 50m is required	
	50m Butterfly	52.40		
	25m Breaststroke	27.20		
	25m Backstroke	24.70	Bronze Award Remaining Two of the 3 form strokes at 25m is required	
	25m Butterfly	23.20		
Starts <i>(Internal Trials)</i>	Preliminary Competitive Start Award	http://www.swimming.org/learntoswim/asa-competitive-start-awards/		
Competitive Swimming <i>(Internal Trials)</i>	Competitive Swimming Award – Stage 8	http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10		
Club Awards	Swim England Swimming Club Awards Stage 2	https://www.swimming.org/swimengland/swim-english-club-awards/		
Training Sessions	Specific Training sets suitable for transition to bronze squad			
Competitions	Annual Club Championships	Open Meets		

League Gala's	Attendance at League Gala's when selected	
Typical Squad Age	Girls 7 - 11 (\pm 1yr)	Boys 7 - 11 (\pm 1yr)
Parent Involvement*	Actively help out as an official, time keeper or team manager, or in a volunteer role to help with the running of the club	

*Parent Involvement

Greenwich Royals is heavily dependant on volunteers to run internal events such as the club champs, team galas and any potential home gala events in the future. Without You, this is not possible. As your swimmer progresses through the squads we ask that one parent, if possible, joins our group of much needed volunteers who support the club and our swimmers. Please visit our [volunteer section](#).

Competitions

A full and current list of competitions, endorsed by the club's coaches, is available on the home page of the Greenwich Royals website: <https://uk.teamunify.com/Home.jsp?team=lrgrsc> under events & gala's.

The Club also participates in a number of swimming leagues. Further details can be found at:

https://uk.teamunify.com/SubTabGeneric.jsp?team=lrgrsc&_stabid_=153418. It is a privilege for swimmers to be selected to represent their club at league galas, so every effort should be made by selected Squad swimmers to attend.