

Junior Gold – 2025-2026

Squad Coach: Layla Murdoch

Pool Time: 4.25hrs

Gold Timetable				
Day	Pool	Time	Hours	Lanes
Wednesday	LAC TP	17:30-18:30	1	2 Lanes
Thursday	LAC TP	18:00-19:00	1	2 Lanes
Friday	LAC CP	17:00-18:00	1	2 Lanes
Sunday	East Ham	16:15-17:30	1.25	2 Lanes

Attendance Requirement: Swimmers must attend the 4 sessions a week. Any excused absences need to be reported to the squad coach via email prior.

Session Preparation:

1. Swimmers must arrive on poolside at least 10 minutes before sessions or competition warm-ups to complete a pre-pool warm-up. This includes at least three "Raise, Mobilise, or Activate" exercises and one "Prime" exercise.
2. Late arrivals (more than 10 minutes past the scheduled start time) will not be permitted to swim unless prior notice and a valid reason are communicated to the squad coach.

Session Participation: Swimmers are required to fully complete all training sessions, including warm-ups and swim-downs, to the best of their ability. Repeated failure to complete sets without valid reason will result in a review of the swimmer's suitability for the squad.

Age Range: Swimmers must be between 8 and 12 years old at the end of the year.

Code of Conduct: All swimmers must adhere to the code of conduct ([click here](#))

Competition Participation: Attendance at all Level 3 Home galas and Level 4 Time Trials. Any absences must be communicated to the squad coach in advance.

Required Equipment: Swimmers must have:

- Kickboard
- Fins
- Pull buoy
- Hand Paddles
- Water Bottle
- Club Hat ([Hat Form](#))
- Goggles

Health Notification: The squad coach must be informed of any extended absences due to injury or illness.

Technical Standards:

1. Complete 4 x 50 Front Crawl @70 with tumbles and 3 fly kicks of every wall.
2. Complete 6 x 50 IM Overlap/Switch @ 80 with legal turns and underwaters.
3. Complete a 200m Freestyle swim under 5 minutes, with legal turns, streamlining, and consistent underwaters and breathing patterns.
4. 4 x 25 Fly kick with fins getting to a minimum of 15m underwater each 25, with good streamlining.

Coach's Discretion: All criteria are subject to the coach's discretion.