



1.5 hours of pool time each week

10-14 years approximately

### Objectives

- Swimmers in Youth development are aiming to gain experience and fitness in training. At this level, there is focus on stroke development and the fundamentals of swimming
- A youth development squad swimmer should aim to be able to swim all four competitive strokes
- This squad is designed to give an increase of pool time to swimmers who are aiming to join Bronze or Silver squad and require technique and endurance improvement

### Swimmer standards

- Be able to swim 400m – 1000m training sessions (with intervals between sets)
- Be familiar with diving from the block
- Swim front crawl with bilateral breathing
- Swim backstroke with a good body position
- Have a basic understanding of the fundamentals of butterfly, predominantly being able to dolphin kick
- Swim breaststroke, demonstrating good timing, pull and kicking movements
- Be ready to achieve the competitive starts award (necessary for moving up the squads)
- Demonstrate an eagerness to learn and improve, as well as being a team player

### Attendance

- Swimmers are required to attend 100% or 1.5h of the 1.5h provided each week

### Competition aims

- Compete in the Orpington Ojays Club Championships and Time Trials including all 50m events
- Open Level 3 Galas as guided by the youth development coach

### Working towards

- Demonstrating competence with the technicality of sessions being provided by the coach

*Subject to the club's general training requirements.*

*All squad moves are at the discretion of the coaching team.*