



Development Squads

Club Squad (10+)	Skill Development (8-12)
<i>Aims & Objectives:</i> To enjoy swimming as a sport, or enjoy training and improving oneself	<i>Aims & Objectives:</i> Competing at County standard, developing training commitment, understanding and attitude necessary for the Age Development or County squads.
<i>Entry Criteria:</i> • 10yrs + • Ability and commitment to following a training programme • A positive mind set	<i>Entry Criteria:</i> • 8-12yrs. (Those Showing Excellent Training Attributes and Commitment but not ready for a move to Age Development may be permitted to remain at 13) • To have completed Swimming Club Award 4 (Swimming Club Awards) • An ability to follow direction from the coach and listen to instructions
<i>Training Expectations:</i> • Aim to attend as many sessions as possible each week • A good technical standard on all strokes and kick • Proactive on technique and skill work	<i>Training Expectations:</i> • Minimum 4 sessions. Those looking to progress to Age Development should aim to attend all 5 sessions • At least one land training session in addition to pre and post pool (arriving 10 minutes prior to session start)
<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Hand & Finger Paddles	<i>Equipment:</i> • Costume • Goggles • 1L Drinks Bottle • Club Hat • Fins • Pullbuoy • Kickboard (Preferably small) • Snorkel • Finger Paddles