



West Suffolk Swimming Club

SQUAD CRITERIA 2024 / 2025

Nemo > Skills 1:

Technique over 50m f/c
Technique over 50m backstroke
Technique over 25m breaststroke
Technique over 25m butterfly kick
Technique over 200m swim
4 x 50 f/c kick on 1.40
Concept of turns

Ability to use 2 effective fly kicks u/w off the walls

Skills 1 > Skills 2:

Technique over 100m f/c
Technique over 50m backstroke
Technique over 50m breaststroke
Technique over 2 x 25 butterfly
Technique over 200m swim (50s f/c / bk / f/c / brs)
4 x 50 f/c kick on 1.25
Proficient turns on all four strokes

Ability to use 2-3 effective fly kicks u/w

Skills 2 > Development:

Technique over 200m f/c
Technique over 100m backstroke
Technique over 100m breaststroke
Technique over 2 x 50 butterfly (FINS)
Technique over 100 IM
Technique over 400m swim
4 x 100 f/c swim on 1.50
4 x 100 IM swim on 2.10
6 x 50 f/c kick on 1.15
Efficient turns on all four strokes Correct finishes on all four strokes

Ability to use 3-4 effective fly kicks u/w

ALL SWIMMERS SHOULD BE AIMING NOT TO BREATHE 2 STROKES INTO F/C TURNS & LAST 5m AT THE FINISH FROM DEVELOPMENT SQUAD UP

Development > Competitive:

200 f/c swim on 3.10 – stroke count 17-19 male & 18-20 female / 200 IM swim on 3.50
Technique over 100m of each stroke butterfly, backstroke, breaststroke, f/c
8 x 100 f/c swim on 1.35 (with efficient turns & maintaining stroke count)
8 x 100 IM swim on 1.55 (with efficient turns)
8 x 50 f/c kick on 1.05

Ability to use 4-5 effective fly kicks u/w off the walls

Attendance at weekday morning training sessions
Coach discretion

****ALL SWIMMERS IN COMPETITIVE SQUADS ARE ON A CONTINUOUS TRIAL. IF SWIMMERS AREN'T ATTENDING SESSIONS, AREN'T ABLE TO MAKE TURN AROUND TIMES AND MAINTAIN THEIR TECHNIQUE AND SKILL LEVEL OR SHOW A POOR ATTITUDE IN THEIR TRAINING SESSIONS (INCLUDING IN LAND WORK), THEN THEY WILL BE MOVED OUT FROM THESE SQUADS****

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