

Competitive Pathway is the 2nd stage of the club's development pathway. The aim is to build strong technical foundations across all strokes. The typical age of swimmers in this squad are between 8 and 11 years

This squad will have a maximum of 32 swimmers

Squad Entrance Criteria

Swimmers must be able to:

- Demonstrate 100m Freestyle, 100m Backstroke, 100m Breaststroke & 50m Fly all with good technique and legal turns
- Demonstrate a forward, backward and log roll.
- Demonstrate a basic dive.
- Demonstrate underwater push, glide and dolphin kicks on the front and back.
- All 25 & 50's times on all strokes in addition 100 IM

Test Set Criteria

Aerobic Capacity: 8 x 50 Fc - 1:20 / 4 x 100 - 2:40

Kick Test: 16 x 25 – 45 with a strong continuous Fc kick

Commitment

- Attending a minimum of 2 sessions a week or sessions agreed with lead coach
- Demonstrate a good level of commitment to a year-round training programme
- Entering and competing in meets targeted by club
- Report to Coach before and After every Race
- Following seagulls 'Club Values'

Progression

- Competitive Skills squad if meeting squad criteria

Equipment Required

Pool Equipment
Water Bottle, Hat & goggles
Kickboard
Snorkel
Pull buoy
Short Fins

Timetable

Mon AM	Tues AM	Wed AM	Thurs AM	Fri AM	Sat AM	Sun AM
					Swim 7:30 – 8:25	
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
	Swim 18:35-19:35		Pre Pool 15:50– 16:00 Swim 16:00– 17:00			

Yellow = Two Rivers Meet Leisure Centre	Green = New Milton Leisure Centre
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Competitions throughout the season

Cycle 1 – September – December

- Club Championships covering all events & Winter Sprints
- National Arena League – September – December (Team)
- West Hants Novice League – November (Team)
- 3 open meets

Cycle 2 – January – May

- Dorset County Championships - February
- 2 Open Meets – March / April

Cycle 3 – May – July

- Club championships - June
- Final target meet – July – Open Meet
- Junior Arena League – Rd 1- 3 May – July (Team)