

Competitive Skills is the final stage of the club's development pathway. The aim is to build strong technical foundations across all strokes.

This squad will have a maximum of 16 swimmers

Squad Entrance Criteria

- Demonstrate 100m Freestyle, 100m Backstroke, 100m Breaststroke & 50m Fly all with good technique and legal turns
- Demonstrate a basic dive.
- Demonstrate underwater push, glide and dolphin kicks on the front and back.
- Demonstrate a 200 IM with all Legal Turns
- Show development on all 4 strokes
- All 25 & 50's times on all strokes plus 100 Fc / 100Bk & 100 IM

Test Set Criteria

Aerobic Capacity: 10 x 50's Fc with good technique - 1:00 / 6 x 100 Fc - 2:15

Kick Test: 8 x 50 Kick – with a strong continuous Fc kick - 1:40

Commitment

- Attending a minimum of 3 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

- County Pathway 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
		Pre Pool 5:20 – 5:30 Swim 5:30 – 6:30 Stretch 6:30-6:45		Pre Pool 5:20 – 5:30 Swim 5:30 – 6:30 Stretch 6:30-6:45		
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
	Pre Pool 15:50-16:00 Swim 16:00-17:00	Pre Pool 16:50-16:55 Swim 17:00-18:00				Pre Pool 17:45-17:55 Swim 18:00-19:00

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)