

Skill Development is the 1st 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 7 and 10 years and are typically taken from stage 6 of swimming lessons.

This squad will have a maximum of 24 swimmers

Squad Entrance Criteria

- Swim 50m of efficient technique in Front Crawl, Back Crawl, Breast-stroke and 25m Butterfly.
- Demonstrate a forward, backward and log roll.
- Demonstrate a basic dive.
- Demonstrate underwater push, glide and dolphin kicks on the front and back.

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
- Report to Coach before and after every race
- Following seagulls 'Club Values'

Progression

- Competitive Pathway 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 7:00 – 8:00	
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
Swim 16:00-16:30		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
- West Hants Novice League – November (Team)

Cycle 2 – January – May

- 2 Open Meets – March / April

Cycle 3 – May – July

- Club championships - June
- Junior Arena League – Rd 1- 3 May – July (Team)