

## Gold Squad (Entry Level)

### Age Group:

The minimum age of entry is 9 years old, however this may be earlier at the discretion of the Coach.

The maximum age of entry is strictly 12 years of age.

### Entry Criteria:

Comfortably complete 10 x 100m F/C @ 2.15mins

Capable of completing 10 x 50m kick @ 1.25mins

Perform a continuous 200m IM kick without using a kick board

Perform a continuous 200m IM swim using legal turns

Perform 15m underwater Fly Kick on both front and back

Must be able to perform legal starts and turns in all four strokes

Must hold their pre-comp/comp start award

Must have an understanding of how to use the pace clock

Must have attended a minimum of 66% of available sessions per month

in Silver squad

### Squad Aims:

To improve upon stroke technique, starts and turns

To become aware of their personal best times and what is required to improve upon them.

To attain County times and improve upon current personal best times

### General Rules for all squad members:

Attendance must be 75% of available sessions per month

A positive approach and attitude is demonstrated when training.

Swimmer must participate in all Club Championships and be willing to represent the club at all competitions when chosen. In addition to this swimmers will also attend Opens supported by the Club.

Ensure you arrive at poolside 5 minutes before the start of the session with a drink, goggles, hat, kickboard, pull buoy, fins and hand paddles.

**Please note:** If a swimmer has not reached the above criteria by the age of 12, and/or has been a member of silver squad for more than 6 months without sufficient improvement, a letter will be sent to the parent/guardian to discuss what is required of the swimmer in order for them to remain in the club and progress to Gold. If a swimmer does not meet the discussed requirements they may be asked to leave the club.

## Training Times

DAY	TIME	VENUE
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Tuesday	7.00pm – 9.00pm	Eric Liddell
Wednesday	7.00pm – 8.30pm	Fairfield
Friday	7.00pm – 8.00pm	Fairfield
Sunday	5.00pm – 6.00pm	Fairfield