

Silver Squad (Entry Level)

Age Group:

The minimum age for entry is generally 8 years of age but may be earlier at the discretion of the coach.

Maximum age of entry is strictly 11 years of age.

Entry Criteria:

Achieved level 9 of the National Teaching plan as follows:

Complete 800m (either 16 x 50m or 4 x 200m) on a specific turnaround time set by the coach, (1:30min for 50m's & 6:00min for 200m's)

Swim 800m continuously using one stroke

Swim a continuous 100m Individual Medley using legal turns.

Perform a 15 metre underwater kick on front in a streamlined position.

Perform a backstroke start then butterfly kick in a streamlined position underwater for 10 metres transferring into stroke and completing the remainder of the 25 metres.

Perform a front crawl start, underwater kick in a streamlined position for 10 metres transferring into stroke and completing the remainder of the 25 metres.

In addition:

Capable of completing 8 x 50m kick @ 1.45mins

Achieved the Preliminary Competitive Start Award.

Must have attended a minimum of 66% of available sessions per month in Bronze squad (if applicable).

Squad Aims:

To attain the entry criteria for Gold squad

General Rules for all squad members:

Attendance at a minimum of 66% of available sessions per month (this equates to 2 sessions per week)

Arrive on poolside ready to warm up at least 10 minutes before the start of each session

Ensure you arrive at poolside with a drink, goggles, hat, kickboard, pull buoy and fins.

Demonstrate good lane discipline and etiquette throughout the session.

Willingness to participate, (where eligible) in all Club Champs as recommended by the coach

Training Times

DAY	TIME	VENUE
Monday	7:00pm - 8:30pm	Fairfield
Friday	7:00pm - 8:00pm	Fairfield
Sunday	10:30am - 11:30am	White Oak

