

Dolphins (Entry Level)

Age Group:

The minimum age for entry is generally 5 years of age but may be earlier at the discretion of the coach.

Maximum age of entry is strictly 8 years of age.

Entry Criteria:

Achieved level 3 of the National Teaching plan:

Jump in from poolside and submerge

Sink, push away from wall on side and maintain a streamlined position

Push and glide on front with arms extended and log roll onto the back

Push and glide on front with arms extended and log roll onto the front

Travel on the front, tuck to rotate around the horizontal axis and return on back

Fully submerge to pick up an object

Answer correctly three questions on the Water Safety Code

In addition swimmer must:

Have some knowledge of Breaststroke

Be confident in deep water

Be able to swim 25m Frontcrawl and Backstroke

Squad Aims:

To attain the entry criteria for Bronze squad

To improve swimming stamina

Improve upon technique in all four strokes

General Rules for all squad members:

Attendance at a minimum of 50% of available sessions per month (this equates to 1 session per week)

Arrive on poolside, ready to start at least 5 minutes before the start of each session

Ensure you arrive at poolside with a drink, goggles, hat, and kickboard

Demonstrate good lane discipline and etiquette throughout the session

Training Times

DAY	TIME	VENUE
Friday	6:00pm - 6:45pm	Fairfield
Sunday	7.30am - 8.30am	Fairfield