

Junior Top Squad (Entry Level)

Age Group:

The minimum age of entry is 10 years old, however this may be earlier at the discretion of the Coach.

The maximum age of entry is strictly 13 years of age.

Entry Criteria:

Comfortably complete a test set of 12 x 100m F/C @ 1.50mins

Capable of completing 16 x 50m kick @ 1.15mins

Complete an IM set with legal turns lasting 800m as 4 x 200m IM.

Perform 15m underwater Fly Kick on both front and back.

Swimmers are aware of their personal best times and what is required to improve on them.

Swimmers are close to achieving or already have County times.

Swimmers have total commitment to training.

Must have attended a minimum of 75% of available sessions per month in Gold squad.

Squad Aims:

To attain County/Regional times, and aspire to National level competition

General Rules for all squad members:

Attendance must be 80% of available sessions per month including land training.

A positive approach and attitude is demonstrated when training, this includes exemplary behaviour both on and off poolside and peer-to-peer support.

Swimmer must participate in all Club Championships and be willing to represent the club at competitions when chosen.

Swimmers must also attend 6 Opens across the year upon discussion with their coach.

Training Times

DAY	TIME	VENUE
Tuesday	7.30pm – 9.30pm	Fairfield
Wednesday	8.00pm – 9.30pm	Fairfield
Thursday	7.00pm – 9.00pm	Eric Liddell
Friday	8.00pm – 9.00pm	Fairfield
Saturday	7.30 – 8.30am 9.00am – 11.00am	Fairfield Charlton Lido (Summer)
Sunday	6.00pm – 7.00pm	Fairfield