

Top Squad (Entry Level)

Age Group:

The minimum age of entry is 12 years old.

Entry Criteria:

Capable of completing 20 x 100m @ 1.45mins

Capable of completing 200m kick @ 4.15mins

Swimmers are close to or already have achieved County times

Ability to use the pace clock

Swimmer should know their PB's

Consistently apply the underwater phase on all 4 strokes

Swimmers must understand lane etiquette

Swimmers must have already shown commitment to the club and be fully committed to training.

Squad Aims:

Train the energy systems. Increasing the sessions and meterage.

Working on improving technique, advanced skills and drills. Work on

race pace work and introducing anaerobic through to advanced sets.

Preparing for County, District and National Levels.

General Rules for all squad members:

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

A positive approach and attitude is demonstrated when training.

Swimmers must arrive at least 10 minutes before the start of the session for stretching / pre-set explanations

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 at least 4 Opens supported by the Club.

Please note: Top Squad swimmers are expected to maintain their level of commitment and determination throughout each season. Fluctuation in work ethic and lack of commitment will mean a swimmer risks losing their place in the squad. Attitude and discipline are more important factors than performance.

Training Times

DAY	TIME	VENUE
Monday	8.00pm – 9.30pm	Fairfield
Tuesday	7.30pm – 9.30pm	Fairfield
Wednesday	6.00am – 7.00am	Fairfield
Wednesday	8.00pm – 9.30pm	Eric Liddell
Thursday	7.00pm – 9.00pm	White Oak
Friday	8.00pm – 10.00pm	Fairfield
Saturday	7.30am – 8.30am 9.00am – 11.00am	Fairfield Charlton Lido (Summer)