

Guidelines for Promotion from C Squad to B Squad

Attendance:

- 90% monthly attendance (based on 3 days a week)

Performance:

- 100m freestyle kick without stopping
- 50m butterfly kick on back without stopping
- Continuous freestyle swim for 150m, keeping a good stroke and technique throughout

Skills:

- 25m head first sculling, 25m feet first sculling (with pullbuoy)
- Able to perform a basic racing dive
- Can perform a tumble turn
- Perform two handed turns and finishes on breaststroke and fly, without being reminded
- Shows good streamlines off every wall
- Consistent kick in all strokes
- Always showing basic starts and finishes in each stroke

Knowledge:

- Understanding of correct starts, turns and finishes for each stroke
- Experience of racing in Rising Stars gala
- Good discipline and behaviour during training

Personality:

- All athletes must demonstrate a strong work ethic, desire and determination to succeed.

Please Note: These are Guidelines and what the club will be working off when discussing promotion. There is no guarantee of promotion if an athlete achieves one or all of the above conditions, and all selections will be made at the discretion of the Head Coach.