

Guidelines form Hough End B squad to A squad

Attendance:

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

Performance:

- Can complete on average 3000m distance each session
- Able to swim 50m recognised "legal" butterfly
- Perform a racing dive

Skills:

- Able to perform fly kick underwater to 10m (no fins)
- Can perform a correct backstroke turn, counting strokes from flags to the wall
- Confidently perform a racing dives
- Understand and use stroke count in training
- Consistently performing correct turns in all strokes without being reminded
- Swim 25 backstroke, balancing a cup ½ full of water on head
- Can scull 50m head first and feet first without a pullbuoy
- Performs a streamline off every wall with correct underwater phase (free, back & fly = 3 fly kicks, breaststroke = pull out)

Knowledge:

- Understanding of how to calculate training times.
- Individual Medley turns (100 & 200)

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.