Development Squad Criteria
Club Policy Document

This document outlines the squad policies and guidelines of the Development Squad. The coaching team meet regularly to review athlete progression. Coaches operate full discretion when implementing the Policy below. All decisions made will be communicated to athletes/parents as appropriate and within a suitable timeframe. Any queries regarding the content below may be directed to the coaching team.

Entry Criteria

- No Minimum Age
- Consistent Positive Attitude
- Swim 50m of Freestyle demonstrating push and glide, competent technique with bi-lateral breathing
- Swim 50m of Backstroke demonstrating push and glide, good technique, steady head position with rolling of the shoulders.
- Swim 50m of Breaststroke demonstrating push and glide, good technique and timing
- Swim 15m of butterfly demonstrating push and glide, good technique and basic undulation.
- Perform a dive with transition to any stroke

Expectations

- Full commitment to training is required
- Full commitment to swim camps, if appropriate, is required
- Full commitment to attending agreed key competitions each season
- Being focused and prepared for all training sessions and competitions is essential
- 70% attendance at agreed swimming sessions is required
- Athletes must comply with all the relevant policies and procedures
- Full season commitment is required; training from August right through to the summer “key meets”
- at the end of each season
- A “Team First” attitude is required and role model behaviour for the younger swimmers in the sport
- The attitude of a Development swimmer must be consistent, respectful of the programme and the coaches, and athletes involved
- Respect and full support for the training programme is required by all athletes.