



BOBCATS

Development Squad

Lead Coach: Katie Rilett-Young

This is the first level of the BOBCATS Competitive Swimming Pathway and is suitable for children aged 8 – 11 years. Training focuses on preparing swimmers to enter both individual and team competitions, this requires continual development of stroke technique, starts, and turns to ensure swimmers reach competition standard.

Weekly Schedule

Tuesday	Daisyfield	Pool	6:00pm – 7:00pm
Friday	St Peter's	Pool	6:00pm – 7:00pm
Sunday	St Peter's	Pool	4:30pm – 5:30pm

A minimum commitment to attend 2 sessions per week is required to make progress in all strokes, skills and to improve physical fitness.

Sessions run for 48 weeks per year (September to August) with a three week break during August and a revised schedule during Christmas and Easter holidays.

Competitions

Regularly entering competitions is the best way for young children to learn about the sport, coaches can spend more time helping swimmers to improve and they are an opportunity to support teammates and make friends.

Swimmers will be encouraged to enter the following competitions:

- Individual Competitions (Open Meets)
- Team Competitions (Arena League, Friendly League, Micro League)

Coaches will advise parents / guardians which competitions are suitable for each child and can answer any questions regarding the entry process.

Entry Standard

Our coaching team will identify children in BOBCATS Pre-Squad with the potential to swim competitively. We are looking for swimmers who are keen to learn with a positive attitude towards racing. The ability to maintain stroke technique over longer distances and faster speeds will be a determining factor.

Entry Standard (Continued)

Trials can be arranged for children from other clubs / learn to swim programmes who believe they meet the entry standard.

Progression Criteria

Swimmers can progress to either Junior Performance Squad or Junior Club Squad.

BOBCATS coaches will make continuous assessments during training and competition and will contact parents/guardians if a move will be best for the swimmer's long-term development. A trial may be arranged in the new squad, with any permanent moves taking place in September, January, or April to correspond with the start of new terms

The following areas will be considered when determining squad moves:

1. Has the swimmer made positive changes to technique, starts, and turns?

This will be measured using drill progressions, kicking and stroke efficiency tests.

2. Has the swimmer increased their skill level through regular competition?

Swimmers must be able to demonstrate that they are able to take their changes in technique, starts and turns, and apply them in a competition setting.

3. Ability to regularly swim 1.5Km to 2Km during training sessions.

This is to ensure that swimmers have the required level of physical fitness before moving squads.