



## COACHING SQUAD CRITERIA

### Development

Ages 7 - 9 @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Technical development of all four strokes
- Prepare swimmers for training with a squad
  - Introduction to starts + turns
  - Drills
  - Lane etiquette
  - Equipment
  - Competitive racing
- Enter selected LESC competitions

### Junior 1

Ages 8 - 11 @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Introduction to competitive swimming with the aim of competing regularly
- Be available for team selection
- Continued and improved development of all four strokes
- Confidently perform effective starts and turns
- Be comfortable with training equipment and drills
- Lane etiquette and understanding a pace clock
- Strive for county qualifying times

### Junior 2

Ages 10 - 13 @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Learning high level race skills and technique
- Be available for team selection
- Introduction of RAMP dryside warm ups
- Introduction of land based training
- Achieve County Qualification on all four strokes
- Strive to get within reach of a midland time
- TEAM environment



## COACHING SQUAD CRITERIA

### Age Group

Ages 13 – 15 @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Developing high level race skills, processes, and technique
- Be available for team selection
- Compete regularly, when instructed by your coach
- Medley event focused training, with some stronger strokes coming through
- Compete at county championships
- Strive for midland/national qualification
- TEAM environment

### Senior

Ages 16+ @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Highest level race skills, processes, and technique
- Be available for team selection
- Compete regularly, when instructed by coach
- Become more specialised in event selection
- Compete at county championships
- Strive for midland/national qualification
- TEAM environment

### Masters

Ages 18+ @ 31<sup>st</sup> December  
(Guidance Only)

#### Aims:

- Maintain and develop fitness
- Be available for team selection if required
- Enter master's competitions allocated by your coach