



## **Performance 3**

Aged 14+

Coaches: Harley, Elise

6 sessions (exception during exam period, where expectation is 50%)

Swimmers must do 1 x morning per week

Monday **OR** Wednesday am

Monday FCG, Tuesday LAC, Wednesday SLC, Thursday LAC, Friday SLC

Consideration times (times must be achieved in the past 12 months):

### **400m free**

Boys 5.00

Girls 5.10

### **400 IM**

Boys 5.45

Girls 5.55

Age grouping is approximate and does not automatically dictate squad selection.

Swimmers must attend over 75% of galas on the club competition calendar, choosing a range of strokes and events throughout the season.

All swimmers must attend all club champ nights, swimming all events without question.

Squad selection is at coaches' discretion and taking into consideration criteria, maturity, attitude towards training and attendance.