

# **Springboard**

Squad criteria

Age 13+

(12 year olds to be accepted on coaches discretion)

Must attend a minimum of 7.5 hours per week training

Swimmers should be able to achieve the following to to eligible for this squad.

- Swim 12x100 Front Crawl @1.45
- Kick 10x100 Front Crawl @2.10
- Swim 4 x 300's Front Crawl @5.15
- Perform 3 butterfly kicks minimum off of every turn and push off during a session
- Be pushing towards/achieved a county time
- Be able to maintain competitive and efficient technique for all 4 strokes
- Be competing in races at galas for ALL strokes.
- Perform efficient racing starts from the block with correct underwater for each stroke along with a correct breakout.