

Performance 2

5 sessions **minimum**

Ages 9-13

- Can achieve all of Performance 1 outcomes plus below.
- Swim 12 x 100 Front Crawl @1.35
- Kick 10 x 100 Front Crawl @2.00
- Swim 4 x 300 Front Crawl @5.00
- Be comfortable with working aerobic distance sets at least once a week.
- Have made county championships for a number of events.
- If participants are wanting to be moved to B squad, then it is recommended to do more sessions than stated to be able to keep up with the work load in higher groups.