

Performance 4

Primary Criteria

Age 13 + Girls - 14 + Boys. (By end of season)

- Attend number of sessions as set by Head Coach (minimum 6)
- Must pass monthly assessment based on attendance, competition performance and training performance.

Training Criteria

- Swimmers do not stop and play with hats or goggles in sessions.
- Ability to train all distances and strokes following stroke counts.
- Average 100 Kick under 1.45 (based on 400, 300 , 200 , 100 Kick test)
- Can repeat Swim times of 12 X 100 Cr off 1.25 and 12 X 100 IM off 1,40.
- Has the ability to read the Clock, set off on correct turn around , understand and complete full sets.
- Can complete full Land Warm ups without distraction.
- Is punctual to most sessions, including getting in the water on time.
- Can listen, show respect and follow Coach instruction .
- Must prioritise training during School holidays leading up to major Championships.
- Can commit to a minimum amount of sessions (4) during exam period.

Performance criteria (Swimmers must meet the primary and training criteria and then will be selected from the following in descending order)

- Qualified for National Championships
- Regional Finalist
- Number of Regional automatic times.
- Females Swim under 2.40 for 200IM and under 2.25 for 200 free.
- Males Swim under 2.35 for 200IM and under 2.20 for 200 free.