**Moving into structured lessons within a “competitive environment” with emphasis on an eagerness to learn and a willingness to enjoy the journey.**

*“Enjoy the journey, as much as the destination”* Marshall Sylver

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|  | **Entry Criteria** | **Ongoing Performance Measurements** |
| **Attitude/Respect** | 1. Be ready to listen, learn & act on the coach’s feedback
2. Be willing to try new skills, meet new people & have fun
3. To have a growth mindset & be willing to learn from mistakes
 | 1. Good, attentive behaviour showing respect to others (for further information see our children’ code of conduct on our website)
2. To demonstrate a willingness to listen & learn
3. To be willing to ask questions & engage with the coaches
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| **Commitment/****resilience** | 1. Show a positive attitude to learning/training during the trial
 | 1. Develop good habits & have fun
2. To complete all lengths & drills as requested by the coach
3. The ‘magic 6’ at all times
4. To attend training sessions consistently & regularly (expectation is 2 sessions per week)
5. To attend time trials, club champs and any open meets as deemed appropriate by the coach
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| **Power of the team** | 1. Enjoys being part of a team and the swimming environment
 | 1. To take part in club-wide activities, such as presentation evening
2. To be supportive towards your teammates at all times
3. Represent the club by wearing a club hat in competitions
4. Undertake the RMAP routine together, prior to every session
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| **Swimming technique & ability** | 1. Can demonstrate a minimum of 50m of each stroke to Swim England standard, or
2. Has completed at least Stage 7 of the Swim England Learn to Swim Pathway, or
3. Has demonstrated the required level of skills during the trial (equivalent to at least Stage 7).
 | 1. To develop strokes & skills similar to those outlined in the Swim England Stages 8 & 9 awards.
2. To develop the preliminary disciplines required for competitive starts (how to perform a shallow drive from poolside at the deep end, then the shallow end & working towards diving off the starting blocks)
3. To develop the appropriate technique necessary for progress in competitive swimming
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