**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

|  |  |  |
| --- | --- | --- |
|  | **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 |
| **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 |
| **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 |
| **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 |