



4 hours of pool time plus 45 minutes land training each week

8-12 years approximately
Joining no later than 12 years of age

Objectives

- Swimmers in Chrome are building on experience at training and in competitions. At this level, there is focus on refining stroke development and the fundamentals of swimming
- Swimmers should be able to perform all four strokes in a competitive setting and complete their respective turns at a legal standard
- Competitions should also be something that a Chrome swimmer is confident in participating in
- We also expect swimmers to routinely attend club competitions and enter opens, particularly focusing on all 50m and include 100m events

Swimmer standards

- Be able to swim 800m – 1500m in training sessions with intervals between sets
- Swim a 10 x 100 FC set on a time set by the coach
- Swim front crawl with bilateral breathing
- Swim backstroke with a good body position
- Improving competency in butterfly (arms clearing the water and competent attempt at kicking rhythm)
- Swim breaststroke, demonstrating the correct timing, pull and kicking movements (pulling to chest and avoiding a screw kick)
- Demonstrate an acceptable ability in starts, turns and finishes on all four strokes
- Demonstrate an eagerness to learn and improve, as well as being a team player

Attendance

- Swimmers are required to attend 75% or 3h of the 4h provided each week.
- During training, we expect swimmers of this level to show an eagerness and willingness to learn, which will help them to improve
- Must attend land training session

Competition aims

- Enter a **minimum** of three open competitions a season (Sept-July)
- Compete in the Orpington Ojays Club Championships
- Aim to be selected for team events such as the Tudor League, Kent Junior League and the Arena League (by setting competitive age-group times in competition and trials)
- Achieve regular race experience on all four strokes at 50m in distance and include some 100m events
- Improve confidence at competitions through growing familiarity with competition environments and organisation

Working towards

- Towards the end of their time in Chrome Squad, a swimmer should be maintaining good technical and endurance performances, and competing in all strokes while demonstrating competence with the technicality of sessions being provided by the coach

Subject to the club's general training requirements.

All squad moves are at the discretion of the coaching team.