



MINNOWS

This group takes the swim skills (learning to train) programme

This group is a transitional level where the emphasis begins to change from primarily teaching to a relatively equal balance of technique work and physiological development.

The number of practices increases to four Sessions per week. 2 x 75 mins & 2 x 60 mins.

Stretching and limited calisthenics are incorporated into the overall programme during this phase.

Time Trials will be given to the Minnows at end of each term.

Swimmer will do simple Training Sets and Relays.

They participate in a number of competitions per year, including Schools Community Games and club organised Seals/ Minnows Galas.

The Swimmer must remain for at least one year in minnows.

Criteria for Movement within this group to Dolphins

- Swimmer must have improved technique involved in all four strokes
- Swimmer must have basic race skills
- Swimmer must have an Aerobic endurance and Sculling Drills
- Swimmer will be able to Dive
- Swimmer must be able to Turn in all Strokes
- Swimmer must have short distance speed 25 – 50 M.
- Swimmer must have good Attendance
- Swimmer must have good Time Keeping
- Swimmer must respect all teachers/coaches in the pool