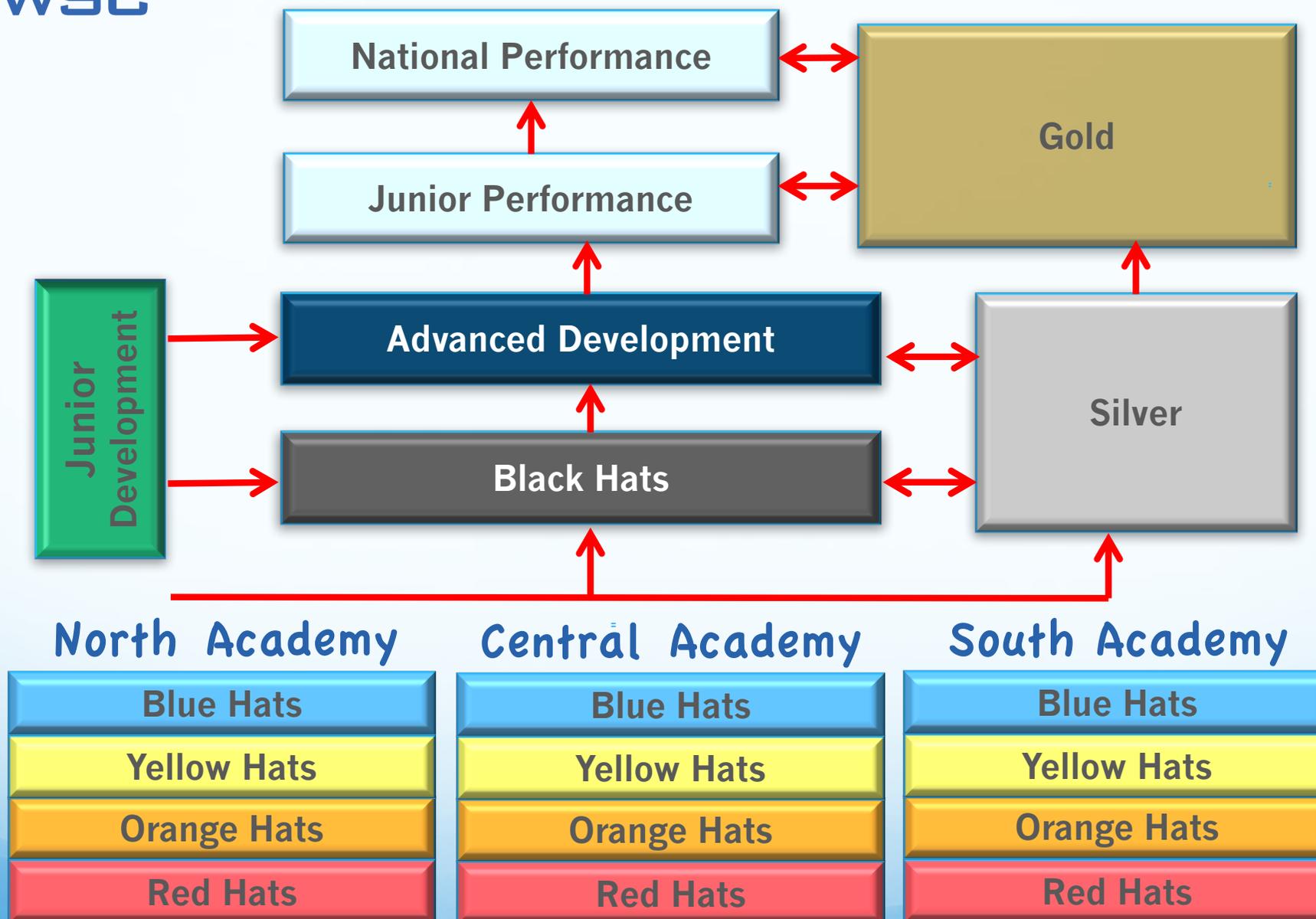
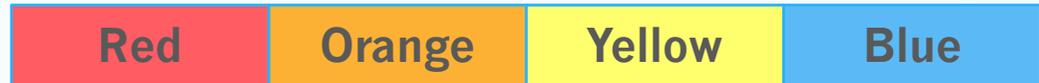




CWSC Squad Progression



- **Pre-competitive Squads**



For swimmers that are new to ASA programs and are interested in developing the stroke techniques, training background and competitive swimming savvy necessary to develop into outstanding swimmers.

For swimmers who may have started swimming later than our usual cohorts, but show good promise and commitment.

- **Development Squads**



For swimmers who have progressed out of pre-competitive squads, are starting to compete and strive to achieve County qualifying times across a range of strokes and distances. Junior Development squad is for swimmers who may have started swimming later than our usual cohorts, but show good promise and commitment.

- **Silver and Gold Squads**



For swimmers who have progressed, either by ability or age, beyond the pre-competitive and development squads. Ideal for those who enjoy competitive swimming and training, yet find they need time to continue other activities (sporting or otherwise).

- **Performance Squads**



For swimmers that are committed to reaching one hundred percent of their potential in the sport and have achieved multiple County, Regional (Juniors) and National (Seniors) qualifications.

Moving Squads

- Coaches assess swimmers every term to review their progress. As part of this process, they consider whether swimmers are still in the right squad or whether they should be moved.
- This consideration is based on a number of factors:
 - ✓ Attendance
 - ✓ Maturity
 - ✓ Technique
 - ✓ Age
 - ✓ Speed
- Children develop at different rates, physically, emotionally and intellectually. As a result, swimmers are not moved as an age cohort but when they are ready.