



# West Suffolk Swimming Club

## SQUAD CRITERIA 2019/20

### **Nemo > Skills 1:**

Technique over 50m f/c  
Technique over 50m backstroke  
Technique over 25m breaststroke  
Technique over 25m butterfly kick  
Technique over 200m swim  
4 x 50 f/c kick on 2  
Concept of turns

**Ability to use 2 effective fly kicks u/w off the walls**

### **Skills 1 > Skills 2:**

Technique over 100m f/c  
Technique over 50m backstroke  
Technique over 50m breaststroke  
Technique over 2 x 25 butterfly  
Technique over 200m swim (50s f/c / bk / f/c / brs)  
4 x 50 f/c kick on 1.30  
Proficient turns on all four strokes

**Ability to use 2-3 effective fly kicks u/w**

### **Skills 2 > Development:**

Technique over 200m f/c  
Technique over 100m backstroke  
Technique over 100m breaststroke  
Technique over 2 x 50 butterfly (FINS)  
Technique over 100 IM  
Technique over 400m swim  
4 x 100 f/c swim on 1.50  
4 x 100 IM swim on 2.15  
6 x 50 f/c kick on 1.20  
Efficient turns on all four strokes Correct finishes on all four strokes

**Ability to use 3-4 effective fly kicks u/w**

**ALL SWIMMERS SHOULD NOT BE BREATHING 2 STROKES INTO F/C TURNS FROM DEVELOPMENT SQUAD UP & LAST 5m AT THE FINISH**

### **Development > Competitive Bronze:**

200 f/c swim on 3.20 – stroke count 17-19 male & 18-20 female / 200 IM swim on 3.50  
Technique over 100m of each stroke butterfly, backstroke, breaststroke, f/c  
8 x 100 f/c swim on 1.45 (with efficient turns & maintaining stroke count)  
8 x 100 IM swim on 1.55 (with efficient turns)  
8 x 50 f/c kick on 1.10

**Ability to use 4-5 effective fly kicks u/w off the walls**

Attendance at weekday morning training sessions  
Coaches discretion

**Competitive Bronze > Competitive Silver > Competitive Gold > Competitive Platinum:**

**Coaches Discretion**

**\*\*ALL SWIMMERS IN COMPETITIVE SQUADS ARE ON A CONTINUOUS TRIAL. IF SWIMMERS AREN'T ATTENDING SESSIONS, AREN'T ABLE TO MAKE TURN AROUND TIMES AND MAINTAIN THEIR TECHNIQUE AND SKILL LEVEL OR SHOW A POOR ATTITUDE IN THEIR TRAINING SESSIONS (INCLUDING IN LAND WORK), THEN THEY WILL BE MOVED OUT FROM THESE SQUADS\*\***

**SQUAD CRITERIA: 2019 / 2020 \*All squad movements are at the discretion of the Head Coach**