

## Development 1

Swimmers must be able to cope with the training load and intensity of the training sessions. A transition period to Development 1 is arranged on a monthly trial basis after discussion with parents, swimmers and coaches. Coaches expect a positive attitude and commitment from swimmers in this squad. This includes good attendance and punctuality and a willingness to compete in competitions as directed by the squad coach.

- 1) Swimmers should be 7-9 years old when they start in Development 1.
- 2) The maximum age to trial for this squad is 8 (age as of 31<sup>st</sup> December) – except in exceptional circumstances
- 3) We expect good attendance – at least 2 out of 3 sessions per week
- 4) ASA stage 7-8
- 5) Participation in galas and club Champs; Open meets should be entered on coach's recommendation.

To join this squad a swimmer should be able to perform:

- 100m FRONT CRAWL with good technique and breathing
- 50m BACKSTROKE and 50m BREASTSTROKE in accordance with FINA swimming rules.
- 25m BUTTERFLY in accordance with the FINA swimming rules.
- Basic level turns and dive from the starting block