

Development 2

Swimmers must be able to cope with the training load and intensity of the training sessions. A transition period to Junior Performance 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, organisation and punctuality as well as a willingness to compete in competitions as directed by the squad coach.

- Swimmers should be 8-11 when they start in Development 2
- The maximum age for trial into this squad is 10 (age as of 31st December)– except in exceptional circumstances.
- We expect good attendance - 3 out of 5 sessions (including morning)
- Actively working toward PB within 10% of County QT's
- Participation in Galas (where appropriate), Club Championship and County Championship (if selected or when QT has been achieved); Open meets should be entered on coach's recommendation
- Participation in Peanuts League , Herts Major if selected

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

- 200m FRONT CRAWL with excellent technique, including starts and turns.
- 100m BACKSTROKE and 100m BREASTSTROKE in accordance with the FINA swimming laws.
- 50m BUTTERFLY in accordance with the FINA swimming laws.
- Correct tumble turns, developing IM turns, and effective dives from the starting blocks.