



STOURBRIDGE SWIMMING CLUB

(Affiliated A.S.A. (West Midland Region and Worcester County S.A.))

Dolphin Squad Entry Criteria.

Skill Development

- To be able to complete a handstand
- To be able to complete a mushroom float.

Stroke Development

- To be able to swim 100m Front crawl or Breaststroke displaying the correct arm and leg movements, and have an awareness of Butterfly.
- To be able to complete bi-lateral breathing on Freestyle.

Endurance Development

- To be able to complete 200m without stopping using a combination of 3 strokes, using all strokes for a minimum of 25m of each.

Fast tracking is available at the Head Coaches discretion.