



STOURBRIDGE SWIMMING CLUB

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

Junior Development Squad Entry Criteria.

Skill Development

- To perform the correct turn for freestyle, breaststroke and butterfly consistently.
- To be able to complete a shallow racing dive from the poolside and starting block.
- To be able to perform a correct backstroke start from starting in the water.

Stroke Development

- To perform 3 out of the four competitive strokes complying with ASA law distance of 50m.

Speed Development

- To hold 2 bronze level speed awards in 25m FC, 25m BK, 25m BRST or 25m FLY.
- To hold 1 other award for any stroke over any other distance.

Endurance Development

- To swim a distance of 400m using a combination of 3 strokes swimming at least 50m on each stroke.
- To swim 2 x 100m Individual Medleys with 30 seconds rest between each.