



STOURBRIDGE SWIMMING CLUB

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

Junior Performance Squad Entry Criteria.

Skill Development

- To perform the correct turn for all strokes and IM consistently.
- To be able to complete a shallow racing dive from the poolside and starting block from both ends of the pool.
- To be able to perform a correct backstroke start, using a block and demonstrating use of power kicks.

Stroke Development

- To perform all of the four competitive strokes with efficient technique over a distance of 50m for Butterfly and 200m consistently for all other strokes.

Speed Development

- To hold 2 silver level speed award for any stroke on a distance greater than 25m.
- Have or within 2 seconds of a County Qualifying time.

Endurance Development

- Able to complete 8 x 100 F/C on TR 2.00
- 4 x 100 BK and BR with efficient strokes and turns.
- 6 x 50 FC Kick TR 1.20
- 2 x 400 CHOICE stroke with 30 seconds rest holding technique: 1 – IM, 2 - CH

Fast tracking is available at the Head Coaches discretion.