



# STOURBRIDGE SWIMMING CLUB

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

## Senior Squad Entry Criteria.

### Skill Development

- Swimmers able to complete all 7 competitive turns consistently.
- Swimmers able to complete all styles of racing starts accurately.

### Stroke Development

- To perform all of the four competitive strokes with consistent technique over a distance of 75m for Butterfly and 200m consistently for all other strokes.

### Speed Development

- To hold 2 silver level speed awards or any stroke over 100m.
- To hold 1 gold level speed award for any stroke on a distance greater than 100m.

### Endurance Development

- Able to complete 10 x 100 F/C on 2.00

Fast tracking is available at the Head Coaches discretion.