



STOURBRIDGE SWIMMING CLUB

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

Senior Performance Squad Entry Criteria.

Skill Development

- Swimmers able to complete all 7 competitive turns completing at least 5m underwater 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 100m for Butterfly and 400m 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.
- To hold 3+ County qualification times.

Endurance Development

- Able to complete 15 x 100 F/C on TR 1.45
- 2 x 400 CHOICE stroke with 30 seconds rest holding technique.
- 12 x 50m FC Kick TR 1.10
- 1250m achieved in a T20 target swim

Fast tracking is available at the Head Coaches discretion.