

GUIDELINE CRITERIA FOR MOVING FROM BRONZE SQUAD TO SILVER SQUAD

Personal best times achieved in both galas and time trials will be taken into account when assessing if a swimmer is ready to move up. Also the swimmer should:

- Be able to swim at least 100m of front crawl, backstroke and breaststroke with good technique.
- Have achieved the ASA Preliminary Competitive Start Award.
- Be able to swim at least 25m butterfly with good technique.
- Be able to swim effectively for a one-hour training session and, in the opinion of the Squad Coach and the Lane Coach, be able to keep up with the other swimmers in the lane.
- Be ready both mentally and physically for the challenge of more structured and competitive training.

GUIDELINE CRITERIA FOR MOVING FROM SILVER SQUAD TO GOLD SQUAD

Personal best times achieved in both galas and time trials will be taken into account when assessing if a swimmer is ready to move up. Also the swimmer should:

- Be ready both mentally and physically for the challenge of training in the competitive squad.
- Be willing to compete in all galas and competitions when called upon to do so.
- Commit to training regularly in two or more club sessions per week.
- In the opinion of the Head Coach and Lane Coach, be able to keep up with the other swimmers in the lane.