

Linslade Crusaders - Squad Criteria

Black Squad Entry and Maintenance Criteria									
Competitions									
	Internal Splash Galas	Club Championships	League Galas	Invitation (Typ Sat Evening)	County Championships	Regional Championships	Open Meets	Beds County Squad	Beds County Training
All Ages	Expected	Expected	Expected	Expected	Expected subject to qualifying times	NA	Aim to compete at Club targeted meets to obtain QT times appropriate to goals. Non Targeted Meets - Discuss with Head Coach	Expected subject to qualifying times and invitation	Expected subject to qualifying times and invitation
Skills									
1. Complete a set lasting 400 metres on a specific turn around time set by the coach	2. Swim 400 metres continuously choosing one stroke	3. Swim a continuous 100 metre IM including legal turns	4. Perform a 15 metre under water kick on front in a streamlined position	5. Perform a Backstroke start then Butterfly kick in a streamlined position under water until 10 metres from the start point is completed, transfer into stroke and continue until 200 metres is completed, including legal turns	6. Perform a Front crawl start, under water kick in a streamlined position for a minimum of 10 metres from the start point, transfer into stroke and continue until 200 metres completed, including legal turns	7. Perform a Butterfly start, kick in a streamlined position for a minimum of 10 metres from the start point, transfer into stroke and continue until 50 metres is completed, including a legal turn	8. Perform a Breaststroke start, perform all under water phases, transfer into stroke and continue until 50 metres is completed including a legal turn		
Development									
Repeat swims on specific times- 10 x 100 FS on 2:15 with correct turns-10 x 100 IM on 2:45 with correct turns	200m IM	Distance Freestyle sets	<ul style="list-style-type: none"> Kick Sets at different speed zones Pull sets at different speed zones 	Knowledge of own Personal Bests	Lane Discipline	Rules of Swimming	Time trials		
Entry Criteria	Personal	Times*				Training Requirements unless agreed by Head Coach	Maintenance		
Competes at Internal Splash and Club Champs, competes at Open meets applicable to age and ability and as targeted by club. Competes at County Champs is QT time if held.	Refer to Code of Conduct	Age 9 & under 200m F/S: <=4mins 25 Sec 200m IM: <+ 5mins	Age 10 200m F/S: <= 4mins 5 Sec 200m IM: <= 4mins 36 sec	Age 11 200m F/S: <= 3mins 48 Sec 200m IM: <= 4mins 16 Sec	Age 12 200m F/S: <= 3mins 34 Sec 200m IM: <= 4mins	4 Sessions available. Attends Min 3 available sessions. Attendance below this (75%) may result in swimmer losing their place. Additional training maybe offered subject to ability and attitude	Along with times swimmers need to meet individual targets as set by Squad Coach		
*Exceptions maybe made where a swimmer is expected to achieve QT times for the next County Championship. This is at the discretion of the Head Coach, Squad Manager and Club Chair									