

Linslade Crusaders - Squad Criteria

Green 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 Squad Coach	NA	NA
Skills									
1. Multi stroke Swim 100 metres to include a minimum of 3 strokes.	2. Front crawl Swim 100m Front crawl breathing every 3 from push and glide with min 3 fly kicks on start and each turn	3. Backstroke Swim 100 Backstroke rhythmic stroke from push and glide with min 3 fly kicks on start and each turn.	4. Breaststroke Swim 50 BR rhythmic breathing	5. Butterfly Swim 25m Butterfly as min 10m full strokes and complete 1 arm Butterfly to include rhythmical breaths from push and glide with min 3 fly kicks	6. Kick 100 IM Kick no board Kick 50 metres Front crawl with/without using a board Kick 50 metres Backstroke with/without using a board • Kick 50 metres Breaststroke with/without using a board • Kick 25 metres Butterfly with/without using a board • 7m U/Water Fly Kick from push off	7. Turns • Perform a front tumble at the wall and push of on back in a streamline position	8. Starts • Perform a standing forward dive entering the water in a streamline position followed by a minimum of 2 Streamline Fly Kicks	9. Aquatic Skills • Forward tumble • Backward tumble • Tread water 30 seconds	
Development									
• Stroke technique on all 4 strokes including IM	• Stroke drill progressions	• Use of Fins, Pull Buoy and Kick Board	• Turns for all 4 strokes and IM	• Starts on all 4 strokes	• Relay takeovers	• Correct finishes on all 4 strokes	• Sculling - understanding the difference between wrist up and wrist down and flat wrist	• Using a pace clock	• Lane discipline • Rules of swimming • Time Trials
Entry Criteria	Personal	Entrance Criteria - Refer to Skills				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					3 available sessions. Attendance below (75%) in a term 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									