

Development Squad – 5 hrs per week (up to 14 yrs) + zoom land training + 50m Training

Expected average distance per hour 2000 - 2500m

Red hats for training

Equipment Floats, snorkels, hand paddles, pull buoy and fins

Stroke standards

For the most part all strokes and turns should be legal, efficient and effective.

Criteria

1. Continued demonstrating Lane etiquette: 5 second gap before starting, stopping at end of lane for overtaking swimmer, ensuring incoming swimmer can finish on wall.
2. Complete 15 x 100m fc on 2.10 and 6 x 200m on 4.15
3. Swim 400m Individual Medley with correct turns
4. Perform a continuous 100m IM kick without using a kick board
5. Perform a 15m under water Butterfly kick on back or front in streamlined position
6. Perform a prone 25m Butterfly kick for 25m without breaking the surface WITH or WITHOUT FINS.
7. Perform a Front Crawl relay take over – as an incoming Swimmer
8. Perform a Front Crawl relay take over – as an outgoing Swimmer
9. Perform a series of test sets over several weeks leading up to a T20. 1-25 x 100m on a send-off time 60%-70% effort 2-20 x 100m holding average swim time set in previous set with 15 seconds added to send off time 3-15 x 100m holding faster time than in previous set with a further 15 seconds added to send off time 4 - Gain in excess of 1000m during a T20.
10. Swim 100m butterfly with correct start, turns and finish.

Awards that may be achieved

Distance Badges Freestyle 1000m Own Choice 3000, 4000 & 5000m

Other Awards Pre-competition level 2 Honours Challenge