

OVERVIEW OF SQUADS – October 2021

**STEP ONE - ACADEMY**

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| <b>INTRODUCTORY</b><br>County Age 6-9 | For swimmer to learn new club skills (eg, diving, tumble turns).   |
| ACADEMY 1<br>County Age 7-9           | For swimmers to continue to develop new skills in the studio pool but begin to put these into practice in the main pool in an additional session and start to develop stamina. |
| ACADEMY 2<br>County Age 8-10          | For swimmers to put their new skills into practice in the main pool during all sessions.   |
| ACADEMY 3<br>County Age 9-12          | For older swimmers at this stage who are not achieving the expectations for Young Achievers/Juniors.   |

**STEP TWO – YOUNG ACHIEVERS**

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| <b>YA (NAVY)</b><br>County Age 8-11 | For swimmers meeting the expected times for this stage. Swimmers will be making good progress and will start to be selected to compete for the club and should start to enter open meets. |
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**STEP THREE – JUNIORS**

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| JUNIORS<br>County Age 9-12 | For swimmers meeting the expected times for this stage. Swimmers will be making good progress and will compete for the club when selected and will be actively entering open meets. |
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**STEP FOUR – PERFORMANCE**

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| PERFORMANCE (GREEN)<br>County 12-14  | For swimmers who are swimming for fitness and enjoyment. Not meeting the age related times for other Performance squads.   |
| PERFORMANCE (ORANGE)<br>County 12-14 | For swimmers who are swimming for fitness and enjoyment. Have a desire to meeting the age related times for Performance and working towards these.   |
| PERFORMANCE (BLUE)<br>County 11+     | For swimmers meeting elements of the Performance criteria or working towards this. Swimmers will be showing excellent commitment to their swimming and will be placed into groups based on their age and how close they are to county qualification times.   |
| PERFORMANCE (GREY)<br>County 13+     | For swimmers who are meeting Performance criteria and achieve county qualification times on an annual basis. These swimmers will have regular attendance and be committed to always completing sets to the best of their ability. Swimmers will be working towards achieving Regional and/or National Qualification. |

**STEP FIVE – MASTERS**

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| MASTERS 18+ (Green)         | For senior swimmers who wish to swim for the club at a Masters Level twice a week. Swimmers will follow a set and will have opportunities to compete at Masters competitions.                                    |
| MASTERS County 16+ (Yellow) | For swimmers still able to swim at the current pace of the Performance Squads but can only commit to one session a week. Swimmers will still aspire to enter Open Meets and representing the club when selected. |