

Junior Development

Junior Development Squad swimmers focus on fundamental skill development. Swimmers are working to maintain techniques and skills in preparation for participation in competition. Those who are old enough to compete will be invited to do so in a mixture of team events, mini meets and open meets when they are ready.

Ages 7-11 as of 31st December

Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday				
Tuesday				
Wednesday			6.15-6.45pm	Zoom
Thursday				
Friday	6.30-7.30pm	King's Lynn		
Saturday				
Sunday	4.00-5.00pm	Downham Market		

Specific Squad Expectations

- Swimmers demonstrate the attitude and desire to improve their fitness, stroke and skill level. They back this up with an energetic, positive and committed approach to their training.
- They demonstrate a strong work ethic and are committed to attending the majority of swimming and land training sessions.
- A team player, respectful, supportive and caring.
- Work towards squad training goals.
- Learn good lane etiquette.
- Learn to use the pace clock in all training sets.
- Learn the rules of the sport.
- Aim to push off all walls underwater and in a streamlined position then add in fly kicks as directed by the coach.
- Develop a strong kick on all strokes.
- Can swim 100m repeats on Freestyle and IM, 50m repeats on Back and Breast and 25m repeats on Fly.
- Enter team events, mini meets and open meets at the direction of your squad coach.

Equipment

- Stretch band for Land Training
- Finis Streamlined Kickboard or Similar
- Short training Fins
- Drinks bottle

Criteria to move to Junior Potential*

- 8 x 100 FC @2.40
- 8 x 100 IM @3
- Can kick well on all strokes
- Consistently swim with legal stroke technique and turns, pushing off wall streamlined and underwater.
- Execute all squad goals consistently to a good standard
- Regularly attend 75% plus of the swim sessions available in Junior Development Squad

*For use as a guideline, squad movement is at the discretion of the Head Coach