

## Junior Competitive

Junior Competitive Squad is for swimmers focussed on competing at the County Championships and working towards Regional level swimming in the future. The training program targets stroke and skill development with an increase in stamina and endurance, preparing for maintenance of skills in competition. Competitions for this squad will mainly be within in the Region, but 1 or 2 may take place outside the Region for swimmers to experience away meets. Swimmers will be invited to a Mini Swim Camp each season and are encouraged to attend this.

Swimmers have achieved a County qualifying time for the season. At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity maintain the desired skill standards.

Ages Male 10-14 as of 31st December

### Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	7.00-8.00pm	King's Lynn	4.30-5.00pm	Zoom
Tuesday	7.15-8.15pm	King's Lynn		
Wednesday	8.30-9.30pm	Downham Market		
Thursday				
Friday	8.00-9.30pm	Downham Market		
Saturday				
Sunday	5.00-6.30pm	Downham Market		

### Specific Squad Expectations

- Swimmers demonstrate a strong work ethic and good commitment to the training programme regularly attending the majority of swimming sessions plus the land training session each week.
- A positive mindset both in training and competition. A team player, respectful, supportive and caring.
- Work towards individual and squad goals each session.
- Swimmers are working towards achieving process objectives in competition.
- Consistently demonstrate 3 fly kicks of all walls in a streamlined position.
- Can hold 10 x 100 FC @2.20
- Can hold 10 x 100 IM @2.30
- Can kick 100m on 2 different strokes in under 2mins 30sec
- Become comfortable with race day, learn to enjoy the environment and process and develop independence at competition.
- Swimmers are learning to be accountable for their own effort, actions and behaviours.
- Swimmers have up to date licensed times (within the last 6 months) in the following events as a minimum: All 50s and 100s, 200 Free, 200 IM plus at least one other 200m event, 400 FC and 400 IM.
- Swimmers are encouraged to attend the seasonal Mini Training Camp

## **Equipment**

- Stretch band for Land Training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Finger paddles
- Snorkel
- Drinks bottle

## **Criteria to move to Junior Performance\***

- 10 x 100m FC @ 1.50
- 10 x 100m IM @ 2.05
- Can kick 100m on 2 different strokes in under 2mins 10sec
- Consistently maintains good stroke technique, turns and 3 Fly kicks off all walls during sets.
- Execute all squad goals consistently to a good standard
- Regularly attend the 90% + swim sessions and the land training session available in Junior Competitive Squad

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