

## Junior Potential

Junior Potential Squad is for swimmers aiming to qualify for County Championships. The training program targets aerobic, stroke and skill development. Competitive opportunities will increase for all swimmers aged 10+ in this squad and should be optimised as important experience in a competitive environment.

Ages 8-12 as of 31st December

### Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday				
Tuesday	7.15-8.15pm	King's Lynn	4.30-5.00pm	Zoom
Wednesday				
Thursday				
Friday	8.00-9.30pm	Downham Market		
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.
- Practice good lane etiquette.
- Practice using the pace clock in all training sets.
- Practice swimming within the rules of the sport.
- Aim for 3 fly kicks of all walls in a streamlined position.
- Can hold 8 x 100 FC @2.40
- Can hold 8 x 100 IM @3
- Develop a strong kick on all strokes.
- Learn about race day processes and develop independence at competition.
- Work towards achieving process objectives in competition.
- Swimmers are learning to be accountable for their own effort, actions and behaviours.
- Swimmers are encouraged to race on all strokes over 50 and 100m plus 200m Free, Back, Breast and IM.

## **Equipment**

- Stretch band for Land Training
- Finis Steamlined Kickboard or Similar
- Short training Fins
- Small Pull Buoy
- Drinks bottle

## **Criteria to move to Junior Competitive\***

- 10 x 100 FC @2.25
- 10 x 100 IM @2.40
- Can kick 100m on 2 different strokes in under 2mins 30sec
- Consistently maintain a good level of stroke technique, turns and UW work during sets.
- Execute all squad goals consistently to a good standard
- Regularly attend 75% plus of the swim sessions and the land training session available in Junior Potential Squad

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