

Inverness Amateur Swimming Club
C Squad Criteria
2018-2019

This is an agreement between the swimmer, coach and parent. The parent/swimmer will be asked to record their acknowledgement of this agreement in the Club's online membership system.

The aims of this Squad are to develop all 4 strokes technically, progressing at each stage of learning within the squad and developing skills with distances to progress to a more advanced and competitive element of training. Learning will be in a friendly environment, while developing social skills and interacting with other young swimmers.

- Swimmers should be aged between 7-11 yrs. This squad is aimed at mini meet competitions, hence the desired age group.
- Pre –post stretching is part of the process, swimmers are asked to turn up on poolside 15 minutes prior to starting pool session.
- All swimmers are requested to have their own equipment, which includes Inverness cap, goggles and a water bottle, it is advantageous to have a kick board.
- C Squad will be broken down into progressive stages so we can assess each swimmer on their progress, each stage will contain different components of learning and distances.
- Swimmers should be prepared to commit to all sessions asked as the long-term benefit of this will show at a later stage in their development.
- Swimmers will be offered another session when coaches think they are ready to progress further.
- Swimmers should be able to cover all distances at 25m/50m/100m depending on competition age group and have good aerobic conditioning with legal starts, turns and strokes.
- Swimmers will be expected to swim in local home-based swim meets if all skills and technique are of a required standard and we would be looking to see swimmers being proactive in attending meets. There are 4 mini meets for ages 11 and under, there are also 7 other meets for swimmers that are too old for mini meets, and not fast enough for North District meets.
- Swimmers should be legal in all 4 strokes to competitive standards.

- Swimmers should be ready to step up to a more aerobic skill-based programme and be able to swim a minimum distance of 1500m to be considered for progression.
- A swimmer who is not showing signs of progression or willingness to learn or compete, will be reviewed by the coaching team.

Lateness:

Swimmers who arrive late disrupt the training session, and some thought should be given to your fellow swimmers., any swimmer that continually arrives late may be excluded from the training session at the coach's discretion.

Training Times:

Monday – Culloden pool – Invitational

Stretching 6pm-6.15pm

Pool 6.15-7.45pm

Wednesday

Stretching 6pm-6.15pm

Pool 6.15pm-7.15pm

Friday – Invitational

Stretching 6.15-6.30pm

Pool 6.30-7.30pm