

JUNIOR SQUAD

BRONZE

AIMS

To ensure swimmers are enjoying their swimming.

To improve overall stroke technique, turns and dives.

To increase general fitness.

To regularly attend at least one session per week.

Listen to instructions and have appropriate behaviour when in training.

To swim end to end without stopping.

Involvement in Super Sprints, Mega Swims, Red & Blue days and Team activities.

Encouraged to become a **Junior Member of the Norwood Swimming Club.**

Junior Squad Bronze swimmers swim approximately 700m-900m per session (1 hour)

PROMOTION CRITERIA

In order to be considered for entry into the first squad (Junior Squad Bronze), swimmers in White Pointer must meet the following requirements:

- Correct technique for all strokes every time.
- Swim 75m Freestyle without stopping.
- Swim 75m Backstroke without stopping.
- Swim 75m Breaststroke without stopping.
- Swim 25m Butterfly without stopping.
- Correct Freestyle tumble turn.