

JUNIOR SQUAD SILVER

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.

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 Silver swimmers swim approximately 900m-1200m per session (1 hour)

PROMOTION CRITERIA

In order to be promoted to the next squad (Junior Squad Silver), swimmers in Junior Squad Bronze must meet the following requirements:

- Streamlines off every wall.
- Correct turns for all strokes every time.
- Swim end-to-end without stopping with correct technique.
- **Five correct dives from water level.**
- **Three correct dives from the pool edge.**
- Swim 4 x 50m Freestyle on 1 minute 20 seconds.

Promotions from Junior Squad Bronze to Junior Squad Silver occur every two months.