

JUNIOR SQUAD

GOLD

AIMS

To ensure swimmers are enjoying their swimming.

To improve overall stroke technique, turns and dives.

To increase general fitness.

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

To regularly attend at least one session per week.

Listen to instructions and have appropriate behaviour when in training.

Junior Squad Gold swimmers swim approximately 1000m-1400m per session (1 hour)

EXPECTATIONS

To be involved in Super Sprints, Mega Swims, Red & Blue days and Team activities.

PROMOTION CRITERIA

In order to be eligible for the next squad (Junior Squad Gold) swimmers in Junior Squad Silver must meet the following requirements:

- Streamlines off every wall.
- Correct turns for all strokes every time.
- Correct Medley change-over turns every time.
- Swim end-to-end without stopping with correct technique.
- **Five correct dives from the pool edge.**
- Swim 6 x 50m Freestyle on 1 min 10 sec.
- Swim 3 x 50m Medco on 1 min 20 sec.
- 200m distance swim at an event.

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

Attain two of the following times:

Event	9 years & under	10 years & over
	Girls & Boys	Girls & Boys
50m Fs	50.50	49.00
50m Fly	54.50	53.00
50m Bk	54.50	53.00
50m Brs	58.50	57.00

Note: One of these times must be Fs and the other Bk, Brs or Fly.