

LANGMAN SQUAD

AIMS

To ensure swimmers are enjoying their swimming.

To improve overall stroke technique, turns and dives.

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

To regularly attend at least 1 session per week with a maximum of 2 sessions per week.

To increase general fitness.

Langman Squad swimmers swim approximately 1400m-2000m per session (1 hour)

EXPECTATIONS

To listen to instructions and have appropriate behaviour when in training

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

PROMOTION CRITERIA

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

- Correct turns for all strokes and Individual Medley. Streamlines off every wall.
- **Five correct dives from pool edge.**
- Swim 8 x 50m Freestyle on 1 min.
- Swim 6 x 50m Medco on 1 min 20 sec. (with good technique and turns)
- Kick 4 x 50m on 1 min 20 sec.
- 400m distance swim at an event.

Promotions from Junior Squad Gold to Langman Squad occur every 3 months.

Attain two of the following times:

Event	9 years & under	10 years & over
	Girls & Boys	Girls & Boys
50m Fs	48.50	47.00
50m Fly	52.50	51.00
50m Bk	52.50	51.00
50m Brs	56.50	55.00

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