

# BASTIAN SQUAD

## AIMS

To ensure swimmers are enjoying their swimming.

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

To improve overall stroke technique, turns and dives.

To increase general fitness.

**Bastian Squad swimmers swim 1800m-2200m per session (1 hour)**

## EXPECTATIONS

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

Listen to instructions and have appropriate behaviour and a willingness to improve.

## PROMOTION CRITERIA

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

- Regularly attend at least 1 session but preferably 2 per week.
- Correct turns for all strokes including Individual Medley, Streamlines off every wall.
- **Five correct racing from the blocks.**
- Swim 6 x 100m Freestyle on 1 min 55 sec.
- Swim 4 x 100m Individual Medley on 2 mins 15 sec (**with good technique and turns**).
- Kick 3 x 100m on 2 mins 30 sec.

**Promotions from Langman Squad to Bastian Squad occur twice per year at the change of the swimming seasons.**

Event	9 yrs & under	10-11 years	12yrs & over
50m Fs	46.50	45.00	44.00
50m Bk	49.50	48.00	47.00
50m Brs	53.50	52.00	51.00
50m Fly	49.50	48.00	47.00
400m Fs	7:38.00	7:30.00	7:22.00

**Note: Attainment of the 400m time and 50m Fs times is necessary and one other 50m time in Bk, Brs or Fly.**