

COWDREY SQUAD

AIMS

To ensure swimmers are enjoying their swimming.

Good attitude, commitment to training, teamwork and enthusiasm to improve.

Cowdrey Squad swimmers swim 2200m-2800m per session (1 hour)

EXPECTATIONS

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

All Cowdrey Squad swimmers are expected to be a **Member of the Norwood Swimming Club**. We view participation in Swimming Club activities as an important part of your training as a Cowdrey Squad swimmer.

To remain in the Cowdrey Squad you must be actively competing.

PROMOTION CRITERIA

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

- **A Member of the Norwood Swimming Club.**
- **Regularly attend at least 2 sessions per week in Bastian.**
- **Commit to at least 3-4 sessions per week in Cowdrey Squad.**
- **Five correct dives from the blocks.**
- **Swim 8 x 100m Freestyle on 1 min 45 sec.**
- **Swim 6 x 100m Individual Medley on 2 mins 00 sec.**
- **Kick 6 x 100m on 2 mins 15 sec.**

Promotions from Bastian to Cowdrey Squad occur twice per year at the change of the swimming season.

PROMOTION CRITERIA FOR THE COWDREY SQUAD

Note: Attainment of the 400m time, two 50m times and two 100m times is necessary.

Event	9/under	10 years	11 years	12 years		13 years	
	Girls & Boys	Girls & Boys	Girls & Boys	Girls	Boys	Girls	Boys
50m Fs	40.50	39.00	38.00	37.50	37.00	37.00	36.50
100m Fs	1:31.00	1:28.00	1:26.00	1:25.00	1:24.00	1:24.00	1:23.00
400m Fs	7:00.00	6:30.00	6:22.00	6:18.00	6:14.00	6:14.00	6:10.00
50m Fly	46.50	45.00	44.00	43.50	43.00	43.00	42.50
50m Bk	46.50	45.00	44.00	43.50	43.00	43.00	42.50
100m Bk	1:43.00	1:40.00	1:38.00	1:37.00	1:36.00	1:36.00	1:35.00
50m Brs	51.50	50.00	49.00	48.50	48.00	48.00	47.50
100m Brs	1:53.00	1:50.00	1:48.00	1:47.00	1:46.00	1:46.00	1:45.00
100m IM	1:44.00	1:43.00	1:39.00	1:38.00	1:37.00	1:37.00	1:36.00