

HILL SQUAD

AIMS

To ensure swimmers are enjoying their swimming.

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

Become good leaders and mentors for swimmers in the development of Junior Squad programmes.

Hill squad swimmers swim 2500m-3200m per session (1 hour)

EXPECTATIONS

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

As a Senior Squad Swimmer you are expected to be a **Member of the Norwood Swimming Club. It is an expectation for ALL Hill Squad swimmers to actively compete and to aspire to National Age level competition.** We view participation in Swimming Club activities as an important part of your training as a Hill Squad swimmer and encourage all athletes to actively compete in swimming.

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

The maximum age of swimmers in Hill Squad is 16 years.

PROMOTION CRITERIA

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

- **A Member of the Norwood Swimming Club.**
- **Regularly attend at least 4 sessions per week in Cowdrey.**
- **Commit to at least 5 sessions per week in Hill squad.**
- **Five correct dive from the blocks.**
- **Swim 10 x 100m Freestyle on 1 min 30 sec.**
- **Swim 10 x 100m Individual Medley on 1 min 50 sec.**
- **Kick 8 x 100m on 2 mins.**

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

PROMOTION CRITERIA FOR THE HILL SQUAD

Note: Attainment of 7 Times, 4 'A' Times, 3 'B' Times is necessary.

Event	10 years boys & girls		11 years boys & girls		12 girls		12 boys		13 girls		13 boys		14 girls		14 boys	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B
50m Fs	34.00	35.00	35.00	34.00	32.50	33.50	32.00	33.00	32.00	33.00	32.50	32.50	32.50	32.50	30.50	31.50
100m Fs	1:17.00	1:19.00	1:15.00	1:17.00	1:13.00	1:15.00	1:12.00	1:14.00	1:11.00	1:13.00	1:10.00	1:12.00	1:11.00	1:12.00	1:09.00	1:11.00
200m Fs	2:43.00	2:48.00	2:38.00	2:42.00	2:34.00	2:38.00	2:32.00	2:35.00	2:32.00	2:35.00	2:30.00	2:33.00	2:32.00	2:34.00	2:28.00	2:32.00
400m Fs	5:50.00	6:05.00	5:40.00	5:50.00	5:30.00	5:40.00	5:30.00	5:40.00	5:25.00	5:35.00	5:25.00	5:35.00	5:25.00	5:35.00	5:25.00	5:35.00
50m Bk	42.00	43.00	40.50	42.00	39.50	40.50	38.00	39.50	38.50	40.00	37.00	38.50	37.50	39.00	36.00	37.50
100m Bk	1:26.00	1:29.00	1:23.00	1:26.00	1:21.00	1:23.00	1:18.00	1:21.00	1:19.00	1:21.50	1:17.00	1:19.00	1:18.00	1:20.00	1:15.50	1:17.50
200m Bk	3:02.00	3:06.00	2:58.00	3:01.00	2:56.00	2:59.00	2:54.00	2:57.00	2:52.00	2:55.00	2:48.00	2:52.00	2:50.00	2:53.00	2:44.00	2:47.00
50m Brs	47.50	49.50	46.50	48.50	44.50	46.00	44.00	45.50	44.00	45.50	42.50	44.00	43.00	44.50	41.00	42.50
100m Brs	1:39.00	1:44.00	1:35.00	1:39.00	1:33.00	1:36.00	1:31.50	1:34.50	1:31.50	1:34.50	1:28.00	1:31.00	1:30.00	1:33.00	1:26.00	1:29.00
200m Brs	3:25.00	3:32.00	3:20.00	3:26.00	3:16.00	3:20.00	3:12.00	3:16.00	3:12.00	3:16.00	3:08.00	3:12.00	3:10.00	3:13.00	3:05.00	3:08.00
50m Fly	39.50	41.00	38.50	40.00	37.00	39.00	35.50	38.00	35.50	38.00	34.00	36.00	35.00	37.00	33.00	35.00
100m Fly	1:26.00	1:30.00	1:23.00	1:26.00	1:21.00	1:24.00	1:19.00	1:22.00	1:20.00	1:23.00	1:16.00	1:19.00	1:19.00	1:23.00	1:14.00	1:17.00
200m IM	3:05.00	3:10.00	3:00.00	3:04.00	2:56.00	3:00.00	2:53.00	2:57.00	2:52.00	2:55.00	2:50.00	2:53.00	2:50.00	2:53.00	2:47.00	2:50.00