

SQUAD PROMOTION FORM

(Cowdrey to Hill)

Swimmer Details

Name: _____	D.O.B.: __/__/____	Age: _____	Male / Female
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I am applying for a position in the Hill squad. My current coach and I believe that I have met all of the promotion criteria including the required times, stroke-work and training ethic.

I also understand that:

1. Promotion is dependent on availability in the next squad
2. I will not be promoted until the next period of intake if there is no space in the next squad, I will be placed on a waiting list for when a position becomes available.
3. If I no longer make criteria at the time of promotion I will not be promoted.
4. I must also meet the expectations of the squad at all times.
5. My application will be reviewed by the **Squad Promotions Panel** for final approval.

My times are as follows:

*Please note only times that can be verified can be used. E.G. Swim SA & NSS events

Stroke	Distance	Time	Event where time was swum
Freestyle	50m		
	100m		
	200m		
	400m		
Breaststroke	50m		
	100m		
	200m		
Backstroke	50m		
	100m		
	200m		
Butterfly	50m		
	100m		
Individual Medley	200m		

I regularly attend 4 sessions per week and will commit to a minimum of 5 sessions per week in Hill.	Current Norwood Swimming Club Member. (I understand I will not be promoted if I am not a member)
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Yes No

Yes No

I have completed all "TEST SETS" on the Criteria Sheet in the times necessary and with good technique and turns.

Yes No

Signed Swimmer

Signed Parent / Guardian

OFFICE USE	Meets Criteria	
Date Received:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Current Coach	Coaching Coordinator	New Coach Informed
		Yes <input type="checkbox"/> No <input type="checkbox"/>
Reasons		