

Squad Progression from Bronze to Silver

Times: Requires 3x 50m times plus 400m time	50m Freestyle Sub 40"	50m Backstroke Sub 45"	50m Breaststroke Sub 52"	50m Butterfly Sub 48"	400m Freestyle Sub 8'00"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

Proficient over	400m Freestyle			200m Breaststroke			200m Backstroke			100m Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle			Backstroke			Breaststroke			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete silver set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

Punctual to training sessions	Needs Support	Meets Expectations
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Effective use of training time	Needs Support	Meets Expectations
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Listens and follows instructions	Needs Support	Meets Expectations
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Squad Progression from Silver to Gold

Times: Requires 3x 50m times plus 400m time	50m Freestyle Sub 35"	50m Backstroke Sub 40"	50m Breaststroke Sub 45"	50m Butterfly Sub 40"	400m Freestyle Sub 6'15"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

Proficient over	800m Freestyle			400m IM		
	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle with fly kick			Backstroke with fly kick			Breaststroke with kick & pull-out			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete gold set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

Punctual to training sessions	Needs Support	Meets Expectations	Exceeds Expectations
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Effective use of training time	Needs Support	Meets Expectations	Exceeds Expectations
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Listens and follows instructions	Needs Support	Meets Expectations	Exceeds Expectations
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	Bronze	Silver	Gold
Objectives of squad level	<p>Improve swimmer confidence and technique in all four strokes</p> <p>Improve swimmer confidence and preparedness for competition</p> <p>Develop turns, starts, finishes</p> <p>Build swimmer fitness and endurance</p>	<p>Improve turns, starts, finishes for competition swimming</p> <p>Build swimmer fitness and endurance</p> <p>Develop swimmers towards state times</p>	<p>Improve swimmer understanding of training objectives and goal setting</p> <p>Perfect turns, starts, finishes for competition swimming</p> <p>Build swimmer fitness and endurance</p> <p>Provide training opportunities for senior swimmers who cannot commit to a heavy training schedule due to study or work commitments</p> <p>Build swimmer speed and endurance for target events</p> <p>Provide training schedule for swimmers seeking to maximise their performance and reach State and Open State level competitions</p>
Expected training commitment and competition requirements	<p>1-3 sessions per week</p> <p>Aggregates</p> <p>Club Championships</p> <p>Interclub</p> <p>Metro East 7-10s Meet</p>	<p>2-4 sessions per week</p> <p>Aggregates</p> <p>Club Championships</p> <p>Interclub</p> <p>Encouragement Meets</p> <p>Metro East 7-10s Meet</p> <p>District Championships</p> <p>Metro East All Juniors</p>	<p>3-5 sessions per week</p> <p>Aggregates</p> <p>Club Championships</p> <p>Interclub</p> <p>Encouragement Meets</p> <p>District Championships</p> <p>Metro East All Juniors</p> <p>Metro East Distance Meet</p>