



Sandbach Sharks

Squad Requirements 2023

Skills Squads

Transition

- Link squad between learn to swim and training squads.
- To have completed at least stage 6 with learning to swim.
- Bridging class between learning to swim.
- Attend 2 sessions per week.
- Skills training including starts, turns, dives and stamina.
- To be able swim at least 25m on all four strokes.
- To be able to attempt a standing dive.
- Working towards Stages 8-10.

Skills

- Average 3 out of 4 sessions per week.
- Skills training including starts, turns, dives and stamina.
- Can start competing in team and individual galas.
- To be able to swim at least 100m on free and back.
- To be able to swim 50m on breaststroke and fly.
- To be able to complete 1 of 3 flip turn, touch turn and IM turns.
- To be able to complete using correct skills and technique 100IM.
- To be able to complete a competitive start from the blocks.
- Achieving Stage awards 8-10.

Development Squads

Development

- Commit to 4 out of 5 sessions per week.
- Development of competitive swimming and moving onto improving skills, technique and components of fitness.
- Willing and able to train to the best of their ability at all times.
- To be able to swim 200m on all 4 strokes with good technique excluding fly to 100m only.
- To be able to swim 200m IM with good technique and correct turns.
- To be able to complete 2 of 3 flip turn, touch turn and IM turns.
- To be able to complete a competitive start from the blocks on all 4 strokes. With transition to 10m.
- Continue to compete level 3 and 4 Galas and working towards Level 2.
- Working towards achieving County Qualification times.

Advanced

- Committed to training an average of 4 out of 5 sessions per week.
- Willing and able to attend open galas and represent the club at team galas when selected.
- Willing and able to train to the best of their ability at all times.
- To be able to swim 400m on all 3 strokes with good technique and correct turns and a 200 fly.
- To be able to swim 400m IM with good technique.
- To be able to complete all turns. Flip turn, touch turn and IM turns, with a transition of 10 to 15m.
- To be able to complete a competitive start from the blocks on all 4 strokes, with transition to 15m.
- Working towards achieving County/Regional Qualification times.

Performance

- Committed to training an average of 5 out of 7 sessions per week.
- Willing and able to attend open galas and represent the club at team galas when selected.
- Willing and able to train to the best of their ability at all times.
- To be able to swim 400m on all 3 strokes with good technique and correct turns and a 200 fly.
- A willingness to complete 1500m or 800m at galas.
- To be able to swim 400m IM with good technique.
- To be able to complete all turns. Flip turn, touch turn and IM turns, with a transition of 15m.
- To be able to complete a competitive start from the blocks on all 4 strokes, with transition to 15m
- Working towards achieving County/Regional/National Qualification times.

COMPETITION AGE REQUIREMENTS

- There are no age restrictions in progression of any squad. Subject to Head Coach approval
- The minimum age permitted to participate in club championships and time trials is 8 years.
- The minimum age permitted to compete in open galas and meets is normally from 9 years and will be detailed on the organizer's entry rules.
- Age groups for County Events 10 years and above as age at 31st December 2023.
- Age groups for County Events 11 years and above as age at 31st December 2023.

All Squad movements will be Subject to Head Coach approval.