

BASTIAN SQUAD

AIMS

To prepare swimmers for competitive swimming

To improve and maintain stroke technique, turn and dive skills

To increase general fitness

Involvement in racing through our in-house events and Swimming SA meets as a Norwood Swimming Club member

Bastian Squad swimmers can swim up to 3 sessions per week. Each session consists of 15min land training followed by 1 hour in the pool, covering 2000m-2500m

PROMOTION CRITERIA

Bastian Squad promotions occur three times a year; please refer to squad calendar. To be considered for promotion from Bastian to Cowdrey, there are a number of challenge sets and event times that swimmers will need to make. These are as follows:

- Be an active member of the Norwood Swimming Club
- Medley challenge set: 6x100m IM on 2.00
- Freestyle challenge set: 8x100m Freestyle on 1.45
- Kick challenge set: 6x100m Freestyle/Form Kick on 2.15
- Make the time for 400m Freestyle at an event (as per table)
- Make the time for at least two 50m events (as per table)
- Make the time for at least two 100m events (as per table)

PROMOTION CRITERIA FOR THE BASTIAN SQUAD

Event	10 years and under	11 years	12 years		13 years and over	
			Girls	Boys	Girls	Boys
50m Fs	42.00	38.00	37.00	36.50	36.50	34.50
100m Fs	1:31.50	1:24.00	1:21.00	1:20.50	1:18.50	1:16.50
400m Fs	6:30.00	6:22.00	6:12.50	6:12.50	6:01.00	5:58.00
50m Bk	48.00	43.50	42.00	41.50	41.00	39.50
100m Bk	1:41.50	1:32.50	1:29.50	1:29.00	1:27.00	1:24.50
50m Brs	53.50	48.50	47.00	46.00	45.50	43.50
100m Brs	1:54.50	1:46.50	1:41.00	1:40.00	1:38.00	1:34.50
50m Bf	45.00	41.00	39.50	39.00	38.50	37.00
100m Bf	1:38.00	1:30.50	1:27.00	1:26.50	1:24.50	1:22.00
100m IM	1:48.50	1:39.00	1:35.00	1:35.00	1:32.00	1:30.00