

JUNIOR SQUAD

GOLD

AIMS

To provide a fun environment for swimmers to progress their fitness and skill

To improve stroke technique, turns and dives

To increase general fitness

Involvement in racing through our in-house events

Junior Squad Gold swimmers can swim up to 2 sessions per week. Each session is 1 hour and will cover 1200m-1700m

PROMOTION CRITERIA

Gold Squad promotions occur at the end of every month. To be considered for promotion from Gold to Langman, there are a number of challenge sets and event times that swimmers will need to make. These are as follows:

- Medley challenge set: 6x50m Medco on 1.15
- Freestyle challenge set: 4x75m Freestyle on 1.30
- Kick challenge set: 6x50m Freestyle/ Form Kick on 1.20
- Make the time for 400m Freestyle at an event (as per table)
- Make the time for 50m Freestyle at an event (as per table)
- Make the time for 50m of another stroke other than Freestyle at an event (as per table)

Event	9 years and under	10 years and over
50m Bf	52.50	51.00
50m Bk	52.50	51.00
50m Brs	56.50	55.00
50m Fs	48.50	47.00
400m Fs	8:15.00	8:00.00