

# LANGMAN SQUAD

## 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 and if interested, joining the Norwood Swimming Club

Langman Squad swimmers can swim up to 2 sessions per week. Each session is 1 hour and will cover 1500m-2000m

## PROMOTION CRITERIA

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

- Medley challenge set: 4x75m Medco on 1.40
- Freestyle challenge set: 6x100m Freestyle on 1.55
- Kick challenge set: 4x75m Medco Kick on 1.50
- 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 yrs & under	10-11 years	12yrs & over
50m Bf	49.50	48.00	47.00
50m Bk	49.50	48.00	47.00
50m Brs	53.50	52.00	51.00
50m Fs	46.50	45.00	44.00
400m Fs	7:30.00	7:15.00	7:00.00