



BEXLEY Swimming Club

Registered Charity No: 1156407

Squad Criteria

<p style="text-align: center;">STARTER</p> <p style="text-align: center;">(Minimum attendance 2/3 sessions) Attend ALL sessions for development of swimming skills Attend Club championships and time trial sessions</p>
<p style="text-align: center;">DEVELOPMENT</p> <p style="text-align: center;">(Minimum attendance 3/4 sessions) Attend ALL sessions for skill progression Attend Club championships and time trial sessions Option to be selected for Tudor League competitions</p>
<p style="text-align: center;">BRONZE</p> <p style="text-align: center;">(Minimum attendance 3/4 sessions) Attend ALL sessions for skill progression Attend Club championships and time trial sessions Option to be selected for Tudor League competitions If qualification times are met – enter Level 3 open meets/galas</p>
<p style="text-align: center;">SILVER</p> <p style="text-align: center;">(Minimum attendance 4/5 sessions) Attend ALL sessions for stamina building and race preparation Attend Club championships and time trial sessions Option to be selected for Tudor League competitions If qualification times are met – enter Level 2 & 3 open meets/galas</p>
<p style="text-align: center;">GOLD</p> <p style="text-align: center;">(Minimum attendance 5/7 sessions + Land training) Attend ALL sessions for stamina, skill practice and race preparation Attend at least ONE morning session MUST attend Club championships Option to be selected for Tudor League competitions If qualification times are met – enter Level 1 & 2 open meets/galas Enter County and Regional Championships if qualification times are met</p>
<p style="text-align: center;">TOP</p> <p style="text-align: center;">(Minimum attendance 5/8 sessions + Land training + extra Gym/Abs sets) Attend ALL sessions for improvement in competitive situations, race tactics, strategies & plans Attend at least ONE morning session MUST attend Club championships Tudor League option – at Coaches discretion Enter Level 1 & 2 open meets/galas (Level 3 at Coaches discretion) Enter County, Regional & National Championships if qualification times are met Discuss with Head Coach which events to enter at open meets & which non-promoted events to enter MUST be willing to work on fitness elements outside training hours Option for Yong Ambassador programme (14+) and level 1 teaching (16+)</p>