

CASC Diamond Elite Squad

Coached by Jamie Stewart

Coaching Hours 12

Attendance A minimum of 5 sessions is advised

Coach: Swimmer Ratio 1:40

Promotion Criteria Swimmers promoted to Diamond Elite Squad will need to demonstrate that they are capable of the following training sets.

20 X 100m Front Crawl @ 1m.45secs
Maintaining an efficient stroke throughout with at least 10 sec rest.

10 X 100m Front Crawl Kick @ 2m.00secs
Maintaining a strong kick throughout with at least 15 sec rest.

10 X 200m Individual Medley @ 3m.15secs
Maintaining all 4 strokes to a high level with at least 15 sec rest.

All swimmers in this squad must be competitive, must have a Surrey qualifying time and must be aged 13+

In considering swimmers for promotion to this squad the coach will consider

- 1 Ability
- 2 Attendance
- 3 Behaviour

What does my child need to do in order to get promoted into Diamond Elite Squad?

Towards the end of each term the Chief Coach will consider, depending on the number of spaces available, which swimmers have best demonstrated their ability and their immediate potential to meet the standards expected in training sets as detailed above. In addition they will need to have demonstrated excellent attendance and behaviour in Diamond Squad.

All promotions will be at the discretion of the Chief Coach