

CASC Gold Squad

Coached by Rosanna Raynor

Coaching Hours 8.25

Attendance A minimum of 4 sessions is advised

Coach: Swimmer Ratio 1:30

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

16 X 100m Front Crawl @ 2m
Maintaining an efficient stroke throughout with at least 15 sec rest.

10 X 100m Front Crawl Kick @ 2m.30secs
Maintaining a strong kick throughout with at least 20 sec rest.

10 X 100m Individual Medley @ 2m.30secs
Maintaining a good technique on all 4 strokes during set with at least 15 sec rest

All swimmers in this squad must be competitive and must be aged 10-12

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 Gold 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 Silver Squad.

All promotions will be at the discretion of the Chief Coach