

CASC Silver Squad

Coached by Pam Pollington and Lewis Franks

Coaching Hours 6

Attendance A minimum of 3 sessions is advised

Coach: Swimmer Ratio 1:30

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

10 X 100m Front Crawl @ 2m.20secs
Maintaining a good technique throughout, all turns to be performed to a competitive level with at least 15 sec rest.

12 X 50m Front Crawl Kick @ 1m.15secs
Maintaining a strong kick throughout, feet must be breaking the surface at all times, with at least 10-15 sec rest.

8 X 100m Individual Medley @ 2m.45secs
Maintaining good technique on all 4 strokes throughout the set, with at least 15 sec rest.

All swimmers in this squad must be competitive, and must be aged 9-12

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 Silver 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 Bronze Squad.

All promotions will be at the discretion of the Chief Coach