** CLUB DEVELOPMENT SQUAD CRITERIA – MARCH 2025**



Swimmers in CLUB DEVELOPMENT SQUAD or CLUB DEV are swimmers that are secondary school age, swimmers that have joined the swimming club a little later than others or swimmers that have moved from other squads who do not qualify for a place in the competitive swimming pathway.

Swimmers in this squad will improve/continue to improve, their fitness, will be part of a club and can choose whether they want to compete competitively or not, the decision will be theirs.

There are TWO swimming sessions totalling 2.5 hours available to all CLUB DEVELOPMENT SQUAD swimmers with 10 minutes pre and post pool land sessions.

All swimmers are expected to be on time and MUST ARRIVE 10 minutes before the START of the swim session and carry out a pre-pool land warm up.

**Swimmers WILL BE refused entry to establish discipline and show respect to other squad members. All swimmers must speak to the Squad Coach taking the session if they are late**.

All swimmers will carry out a 10-minute post pool land stretch off using their foam rollers, after each training session.

Performing the above pre and post pool land warm up and stretch offs will reduce the risk of injury once they are in the pool and prevent muscle soreness post pool swimming.

Squad movements will take place three times per year, (roughly October/November, February, and June).

If we feel a swimmer needs to be moved before this time, your Squad & Head Coach will discuss this an advise accordingly.

Swimmers will be able to join one of the appropriate competitive squads if they wish to do so. This will be after consultation with their Squad Coach and Head Coach

Pauline Gourley

Head Coach

Lincoln Vulcans SC – March 2025

