**** **COMPETITVE DEVELOPMENT CRITERIA – MARCH 2025**



Swimmers in COMPETITIVE DEVELOPMENT SQUAD will transfer from LINCOLN VULCANS SWIM SCHOOL or be selected from a trial swimming session once recommend by their Teacher/Coach/trials Coach and once they are able to swim two lengths of each stroke with correct technique.

There are a total of THREE swimming sessions totalling 4.5 hours available to all COMPETITIVE DEVELOPMENT SQUAD or ‘COMP DEV’ swimmers, with ten minutes pre and post pool land sessions at every session.

Swimmers must attend all sessions per week. (Unless otherwise agreed with the Head / Squad coach)

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 before swimming.

**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.** **(Unless otherwise agreed with the Head / Squad coach)**

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).

Swimmers will move to ORANGE SQUAD once they can swim a minimum of 4 lengths of any stroke at 2 lengths of all four strokes without stopping and with the correct skills and technique for each stroke.

Swimmers will be encouraged to swim at club and external competitions as appropriate.

Pauline Gourley

Head Coach

Lincoln Vulcans SC – March 2025

