**Southampton Dolphins Squads Structure and Criteria April 2018**

**Dolphins 7:** (Age 6-9 yrs)

* Dolphin swimmers will be expected to train a minimum of twice a week with a maximum of 3 times a week.
* Dolphin swimmers are excited to compete and will participate at time trials, galas, club champs and dual meets.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* Swimmers will need their own fins and snorkel.
* Swimmers will be able to complete 25m of ASA legal front crawl, backstroke, breastroke and freestyle.
* Swimmers can demonstrate a somersault.
* Swimmers can kick 25m on their front and back with correct body position.
* Swimmers can execute a standing dive from the blocks or side.
* Swimmers can demonstrate a tumble turn.

**Dolphin 6:** (Age 8-10 years)

* Swimmers will be expected to train a minimum of twice a week.
* Swimmers are excited to compete and will participate at time trials, galas, club champs and dual meets.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* Swimmers will need their own fins and snorkel and pull buoy.
* Swimmers can complete 100m of front crawl and backstroke while maintaining correct body position and breathing.
* Swimmers can swim 50m breastroke and 25m butterfly with correct body position and timing.
* Swimmers can use the pace clock independently.
* Swimmers can execute ASA legal front crawl and backstroke tumble turns demonstrating a streamline position off the wall.
* Swimmers are working towards ASA legal open turns.
* Swimmers can execute a racing dive with correct breakouts for all four strokes.

**Dolphin 5:** (Age 9-11 years)

* Swimmers will be expected to train a minimum of three times a week.
* Swimmers are excited to compete and will begin to participate regularly at level 3 open meets.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* Swimmers will need their own fins and snorkel.
* Swimmers can complete 100 IM under ASA regulations.
* Swimmers are able to complete 6 x 50’s on 1.15 using the pace clock independently.
* Swimmers can show clear change of speed through freestyle sets.
* Swimmers are mastering all tumble and open turns.
* Swimmers can independently complete 10 mins of pre-pool exercises using RMA.

**Bronze Squad:** (Age 10-12 years)

* Bronze swimmers will be expected to train a minimum of three times a week.
* Bronze swimmers regularly compete at Level 3 and 2 Open meets.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* Swimmers will need their own fins and snorkel, pull buoy and finger paddles.
* Demonstrate an understanding of process goals.
* Swimmers are training to race in 400m freestyle and 200IM events, and aiming to compete at County Championships.
* Demonstrate using the pace clock independently for an entire set.
* Bronze swimmers can complete 8 x100 free @ 2.00 with tumble turns, holding a consistent pace.
* Demonstrate 4 different speeds in freestyle and changing speed on form strokes.

**Silver Squad:** (Age 11-14 years)

* Silver swimmers will be expected to train a minimum of four times a week.
* Silver swimmers regularly compete at Level 3, 2 and 1 Open meets and are aiming for regional qualifications.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* Swimmers will need their own fins and snorkel, pull buoy and finger paddles.
* Swimmers will be able to set one process goal relating to improving stoke technique. Demonstrate the ability to evaluate their own stroke.
* Swimmers are executing correct body alignment, a high standard of the fundamentals for being a competitive swimmer.
* Swimmers are pursuing swimming following a yearlong program; high standards of technique are required in order for the swimmer to progress any further.
* Silver swimmers should have sound skills in all four strokes and be able to complete sets of multiple 100’s and 200’s .
* Complete 12 x 100 @ 1.50 aerobic freestyle, holding sound technique and turns.
* Complete pre-race plans and reflections sheets for target meets.

**Gold Squad:** (12+ years)

* Gold swimmers will be expected to train a minimum of five times a week.
* Gold swimmers regularly compete at Level 3, 2 and 1 Open meets and aiming for several regional qualifications and/or national ranking.
* Swimmers will invest a lot of time in their sport and follow an endurance, speed and strength program.
* Gold swimmers should have a full understanding of the different energy levels used when swimming and can demonstrate these throughout a set.
* Gold swimmers should be able to complete an IM set with sufficient fundamental skills to the satisfaction of the coach
* Gold swimmers are able to complete 15 x 100 @ 1.40
* Gold swimmers should be role models to their younger teammates and  lead by example.

**National:** (13+ years)

* National swimmers will be expected to train a minimum of six times a week.
* National swimmers are aiming to qualifying for English or British nationals.
* Swimmers will be leaders of Southampton Dolphins and understand that they will set an example for their club members.
* Swimmers can complete 20 x 100 @ 1.30 maintaining good technique.
* Swimmers must be committed to upholding the highest standards in all areas of training, racing, preparation, recovery and dryland work.

**Senior Swim Squad:**

* Primarily 13 to 18 year girls and boys. Occasionally younger swimmers who have trained to a higher level are able to join this squad.
* To provide competitive swimming training structure for those who wish to maintain fitness and swimming skills, compete in galas and maintain a social aspect to swimming.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* This squad may complement training for other sports or be suitable for swimmers that wish to train but not compete.
* swimmers who are studying for A levels or equivalent may continue in this squad.

Junior Swim Squad:

* 12 and under boys and girls that wish to continue swimming to learn skills and maintain fitness.
* Swimmers will wear swim caps if hair is longer than eyebrow length. As well as appropriate swim attire (one piece swim suits, no board shorts or rash vests).
* This squad may complement training for other sports or be suitable for swimmers that wish to train but not compete.
* Swimmers have the opportunity to participate in Club Championships and fun galas.

\*\*\* Criteria is subject to change and will do so with the development of the club. Criteria is based on the Head Coaches assessment of individual swimmers. Swimmers can move up squads at any time in accordance to the coaching staffs recommendations. The age bands are a guide and not fixed.\*\*\*