



# BEXLEY Swimming Club

Registered Charity No: 1156407



## Group Training Objectives & Criteria - Bexley Swimming Club

### Academy Group

Academy Group is Bexley Swimming Club's entry group. The age of swimmers within this group should not exceed 10 years.

Academy		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim							
PM	Land							
	Swim	1630-1730 (Sidcup)				1830-1900 (Sidcup)		1600-1700 (Sidcup)

### Entry criteria

- 25m freestyle, using bi-lateral breathing
- 25m backstroke
- 25m breaststroke (with legal leg kick)
- 25m butterfly (simultaneous arms & legal leg kick)
- A dive
- A forward roll in the water

### Training aims & objectives

- Learn & develop stroke technique on all four strokes
- Learn & develop starts, turns & finishes on all four strokes
- Training in a group environment & lane discipline
- Punctuality
- Have all training equipment (kickboard, fins & drink bottle)
- Introduction to club time trials & club championships

### Criteria for consideration of movement to Development Group

- Participate in club time trials
- Attend all 3 training sessions on a regular basis
- Swim 200m freestyle with bi-lateral breathing
- Swim 100m backstroke with tumble turns
- Swim 100m breaststroke with correct underwater pullouts
- Swim 25m butterfly
- Swim 100m IM with correct turns
- A competitive racing dive
- Correct finishes on all four strokes
- Respect for coaching staff
- Willingness to learn
- Good lane discipline
- Punctuality