



DISS OTTERS

A local swimming club at the heart of the community



Development Squad Policy

Squad Objectives

The goal of Development Squad is to train at the 'Swimskills' level of the DOSC LTAD pathway and demonstrate good commitment, attitude, and training/ competition skills.

When swimmers first move to Development Squad, the quality expectation increase along with the number of training hours per week as their age and physiological stature grows. Swimmers are expected to attend at least 2 sessions per week when starting Development Squad. After three to four weeks, when they have adapted to this level, they should aim to attend 3 sessions per week.

Squad Age Range

8-11 years.

This squad includes the following work and expectations

1. Develop and improve stroke technique on all four competitive strokes.
2. Learn basic stroke drill progression for all four competitive strokes.
3. Aim for 3-5 fly kicks off all walls in a streamlined position
4. Develop a strong kick in all four competitive strokes.
5. Practice IM training sets.
6. Perfect start, turns, and finishes for all four competitive strokes, including IM turns.
7. Learn relay takeovers.
8. Sculling and games.
9. Practice using the pace clock in all training sets.
10. Practice good lane etiquette.
11. Practice swimming within the rules of the sport.
12. Enter team events, development, and open meets at the direction of your squad coach. Swimmers are encouraged to race on all strokes over 50 and 100m plus 200m Free, Back, Breast and IM.
13. Learn race day processes and develop independence at competition.
14. Work towards squad training goals.
15. Abide by the clubs training and competition values.

Squad Entry

- Passed Stage 8 of the National Plan for Teaching swimming.
- Passed and maintained the Development Squad minimum entry requirement.
- Reached their 8th birthday.

Squad Minimum Commitment

Swimmers should be able to commit to a minimum of 2 hours per week but aiming for 3 hours once settled.

Assessments

Swimmers in Development will be assessed periodically for progression. Please find the criteria for Development Squad ([Here](#)) For use as a guideline, squad movement is at the discretion of the Head Coach.

Target Competitions

Swimmers in Development Squad are expected to attend the following competitions:

- Club Championships
- 2 x Development Galas per year
- 1 x level 3 competition per year
- Achieve a top 10 position in their best event at the annual Warwick Thompson Memorial Gala.

Kit Requirements

Swimmers are expected to bring all equipment from the Development squad kit list to all their training sessions.

Code of Conduct

All swimmers are expected to follow the swimmers code of conduct.