



DISS OTTERS

A local swimming club at the heart of the community



Foundation Squad Policy

Squad Objectives

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

When swimmers first move to Foundation Squad, they experience an increase in the amount of swimming they do. Swimmers are expected to attend at least 1 training session per week when starting in Foundation Squad. After three to four weeks, when they have adapted to this level, they should aim for two sessions per week.

Squad Age Range

7-10 years.

This squad includes the following work and expectations

1. Stroke technique on all four competitive strokes, and single lap work.
2. Stroke drill progression for all four competitive strokes, initially using fins to perform coach-controlled sets and single lap work.
3. Aim to push off all walls underwater and in a streamlined position then add in fly kicks as directed by the coach.
4. Develop a strong kick in all four competitive strokes.
5. Introduction to IM swimming.
6. Start, turns, and finishes for all four competitive strokes, including relay takeovers.
7. Sculling and games.
8. Learn to use the pace clock.
9. Learn good lane etiquette.
10. Learn the rules of the sport.
11. Enter team events, development, and open meets at the direction of your squad coach.
12. Work towards squad training goals.
13. Abide by the clubs training and competition values.

Squad Entry

- Passed Stage 6 of the National Plan for Teaching swimming.
- Passed trial swim with Development Squad Coach.
- Passed and maintained the Foundation Squad minimum entry requirement.
- Reached their 7th birthday.

Squad Minimum Commitment

Swimmers should be able to commit to a minimum of 1 hour per week but aiming for 2 hours once settled.

Assessments

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

Target Competitions

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

- Club Championships
- 2 x Development Galas per year.

Kit Requirements

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

Code of Conduct

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