**Papamoa Swimming Club Squad Criteria**

**Pre-Squads**

Bronze - Swimmers must be able to swim 25m of freestyle, backstroke and breaststroke

while demonstrating a reasonable standard of technique with some concession made to breaststroke.

Silver- Swimmers demonstrate a reasonable standard of technique with basic appropriate turns for 50m freestyle, backstroke and breaststroke, as well as demonstrating the butterfly body movement.

Gold- Swimmers demonstrate a good standard of technique over the 4 competitive strokes with the correct turns and competitive skills for swimming. Swimmers show ambition to progress through the PSC program.

**Squads**

Junior- Swimmers can swim 200 IM with a good understanding of the 4 strokes, turns and race skills.

Swimmers must be able to swim 400m of continuous freestyle without stopping Maintaining good technique.

Swimmers must have a basic understanding of how to follow swim sets on a whiteboard using the pace clock.

Intermediate- Swimmers can swim 400 IM with a good understanding of the 4 strokes, turns and race skills.

Swimmers must be committed to training and competing at local, regional and national swim meets.

Swimmers must maintain a minimum of 3 training sessions per week and maintain their training at the level of the Intermediate Squad.

Swimmers must have a basic understanding of how to follow swim sets on a whiteboard using the pace clock.

Development- Swimmers can swim all events in the competitive program with a good level of skill and technique.

Swimmers must be training for regional and national swimming competitions

Swimmers must commit to a minimum of 5 training sessions a week and act as leaders within the club

Swimmers must maintain a level of training standards as expected in the Development Squad