Learn 2 Compete (L2C) Squad

Wednesdays 6.30-7.15pm, Fridays 7.30- 8.30pm

A fun atmosphere introducing basic elements of competitive swimming.

In this squad, swimmers focus on:
- ❏ Lengths
- ❏ Improving strokes and skills in all four strokes
- ❏ Improving stamina
- ❏ Developing race starts and race turns

Competitions entered:

Club events, fun galas for 8+ years, eg. Newton Abbot Ribbon Gala.

Equipment required:
- ❏ Water bottle
- ❏ Kick board
- ❏ Fins
- ❏ Kit bag
- ❏ Goggles
- ❏ Swim hat

Development 4 Competition (Dev Comp) Squad

Wednesdays 6.30-7.15pm, Fridays 7.30- 8.30pm, Sundays 8.30am - 10am

This squad is about improving skills, techniques and overall athletic development from L2C. Swimmers prepare for the exciting challenges of competing regularly. Excellent attendance is essential.

In this squad, swimmers focus on:
- ❏ Ensuring all four strokes are legal
- ❏ Capable of legal starts, turns and transitions
- ❏ Skills on all strokes, race starts and race turns

Competitions entered:

Devon Developments, Level 3 and Level 4 meets, all club events, fun galas eg. Newton Abbot Ribbon Gala and further galas by selection eg. Imps Gala and East Devon Mini League.

Equipment required:
- ❏ Water bottle
- ❏ Kick board
- ❏ Pullbuoy
- ❏ Fins
- ❏ Training snorkel
- ❏ Kit bag
- ❏ Goggles (x2)
- ❏ Swim hat

Competition Squad

Mondays 7.30-8.30pm, Wednesdays 7.15-8.15pm, Fridays 8.30- 9.30pm, Sundays 8.30am - 10am
Elective session at Brixham Swimming Pool on Thursdays 7.00-8.30pm

This squad is about advancing skills, techniques and overall athletic development with an emphasis on progressing endurance and stamina. Swimmers will be expected to regularly enter competitive swimming events. Excellent attendance is essential.

Swimmers must be able to:
❏ Swim all four strokes competitively and legally
❏ Complete legal starts and turns
❏ Swim 10x 100M Freestyle on 2m30s
❏ Swim 8x 50M Kick on 1m40s

In this squad, swimmers focus on:
❏ Skills on all four strokes, race starts and race turns
❏ Endurance and stamina progression
❏ Competitively swimming 100M and 200M on all strokes and 400M Freestyle

Competitions entered:
Devon Championships (age 10+), Devon Developments (age 10+), Level 1 to 4 meets, all club events and further galas by selection eg. Arena League.

Equipment required:
❏ Water bottle
❏ Kick board
❏ Pullbuoy
❏ Fins
❏ Training snorkel
❏ Hand and finger paddles
❏ Kit bag
❏ Goggles (x2)
❏ Swim hat

Performance Squad

Mondays 6.30-8.30pm, Wednesdays 8.15 - 9.15pm, Fridays 6.30 - 7.30pm, Saturdays 10am- 12pm (at Mount Kelly) Elective sessions on Thursdays 7.00 - 8.30pm (at Brixham Swimming Pool) & Sundays 7.30-8.30am, Land training Wednesdays 7-8pm

This squad is about the development of specific skills and technical elements needed within the sport. Swimmers increase endurance and stamina and develop and understanding of the strategies and tactics required to swim competitively. Swimmers will be expected to regularly enter competitive swimming events. Excellent attendance is essential.

Swimmers must be able to:
- ❏ Swim 12x 100M Freestyle 6x on 2m00s, 6x on 1m50s
- ❏ Swim 8x 100M Kick on 2m30s
- ❏ Achieve a Devon time (or just outside - at the discretion of coach)
- ❏ Demonstrate a desire to compete at all levels
- ❏ Train regularly including morning sessions
- ❏ Demonstrate a regular attendance at competitions

In this squad, swimmers focus on:
- ❏ Skills and technique with a strong medley base
- ❏ Building excellent levels of stamina and strength
- ❏ Building a high level of aerobic ability
- ❏ Structured land based exercise
- ❏ Ensuring the basics of all techniques and previous skills are in place
- ❏ Development of skills for race starts, turns, finishes and transition
- ❏ Competitively swimming 100M and 200M on all strokes and 400M Freestyle

Competitions entered:
Devon Championships (age 10+), Devon Developments (age 10+), Level 1 to 4 meets, all club events and further interclub events by selection eg. Arena League.

Equipment required:
- ❏ Water bottle
- ❏ Kick board
- ❏ Pullbuoy
- ❏ Fins
- ❏ Training snorkel
- ❏ Hand and finger paddles
- ❏ Ankle band
- ❏ Kit bag
- ❏ Goggles (x2)
- ❏ Swim hat