

SUNDAYS WELL SWIMMING CLUB

MOVING THROUGH THE RANKS

B TO A

The coaches will be looking for the following criteria for advancement to the A Squad.

The swimmers need to have basic requirements and principles to advance through the Ranks, as the old saying goes “You must make it happen in the preparation in order to have it happen in the competition”.

High Attendance, advising coaches if out sick, arriving on time to sessions.

Positive attitude towards training, ability to take correction, fitness, technique, willingness to be coached, love of racing, availability for relays, team spirit at competition, participation and performance at rankings, self motivation, self interest in progression and achievement, respect for Club and team mates.

Periodically age and gender will be an added factor.

Regular assessments will be carried out by the coaches.