



Development Squad Criteria

The Development Squad is the first level in the Cranbrook School competitive swimming programme and introduces participants to racing. These swimmers learn the technical requirements and etiquette of training and racing to refine their competitive swimming techniques.

Development Squad swimmers are required to be Club Swimmer or Full Swimmer members of the Cranbrook Aquatics Swimming Club (CASC).

Development Squad swimmers will train for 1 hour per session. The principles of training are to advance swimmers with technical proficiency, skills, endurance, and speed.

Development Squad swimmers will be eligible to swim up to four times a week. There is no minimum commitment, however it is recommended swimmers attend at least twice a week. Swimmers do not need to book any day or time but may attend any timetabled Development Squad session.

Squad fees are charged monthly in advance and must be paid by direct debit.

To be eligible for the Development Squad swimmers must be aged 13 years old or under and have the following pre-requisite skills:

- Be proficient and legal in all four competitive strokes
- Tumble turn in all four strokes
- Clock reading for 25, 30, 40, 45, 50 and 60 second cycles
- Swim 400 metres in 10 minutes
- Kick 200 metres in 6 minutes.

As part of the ongoing commitment to the Development Squad and to help swimmers achieve their goals, swimmers are required to:

- Strive to achieve a minimum of 2 sessions per week
- Complete warm up exercises
- Attend all targeted meets that include:
 - Speedo Sprint Series
 - MetSEA Championships
- Participate in the CASC relays at all targeted meets
- Attend CASC club nights and fundraising events
- Wear CASC uniform at all swim meets
- Respect all swimmers and coaches and comply with relevant codes of conduct, including the CASC Code of Conduct.

Failure to meet the ongoing requirements of the Development Squad will result in a swimmer being moved into an alternate squad group or alternatively, in serious cases, unable to continue to participate in any squad programme.



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Required Equipment

Swimmers must come prepared to all sessions for dry land and swim training, bringing all required equipment which includes:

- Sports apparel including joggers
- Goggles
- CASC swim cap
- Water bottle
- Flippers (DMC Elite).

Kickboards and Pull Buoys will be provided however swimmers are welcome to purchase their own equipment if they do not wish to share these items.