



**CRANBROOK
SCHOOL**

EST. 1918



Mini Squad Criteria

The Mini Squad is the first level in the Cranbrook School squad swimming programme. This level is intended as a transition from Learn to Swim lessons to a team environment. It provides the “FUN”amentals of understanding squad based sessions while still focusing on learning the technical proficiency of all four competitive strokes.

Mini Squad swimmers are required to become swimming members of the Cranbrook Aquatics Swimming Club (CASC), and are encouraged to become Club Swimmer or Full Swimmer members to develop race skills.

Mini Squad swimmers will train for 60 minutes per session. The principles of training are to advance swimmers with technical proficiency across all four strokes and develop dives and turns. Skills will be the focus whilst still improving endurance and speed.

Mini Squad swimmers will be eligible to swim up to three 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 Mini Squad session.

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

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

- Be proficient in Freestyle and Backstroke
- Demonstrate legal Breaststroke for 50 metres
- Have rhythmic and symmetrical Butterfly for 10 strokes
- Tumble turn in all four strokes
- Clock read 30, 45, 60 seconds.

Required Equipment

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

- 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.