



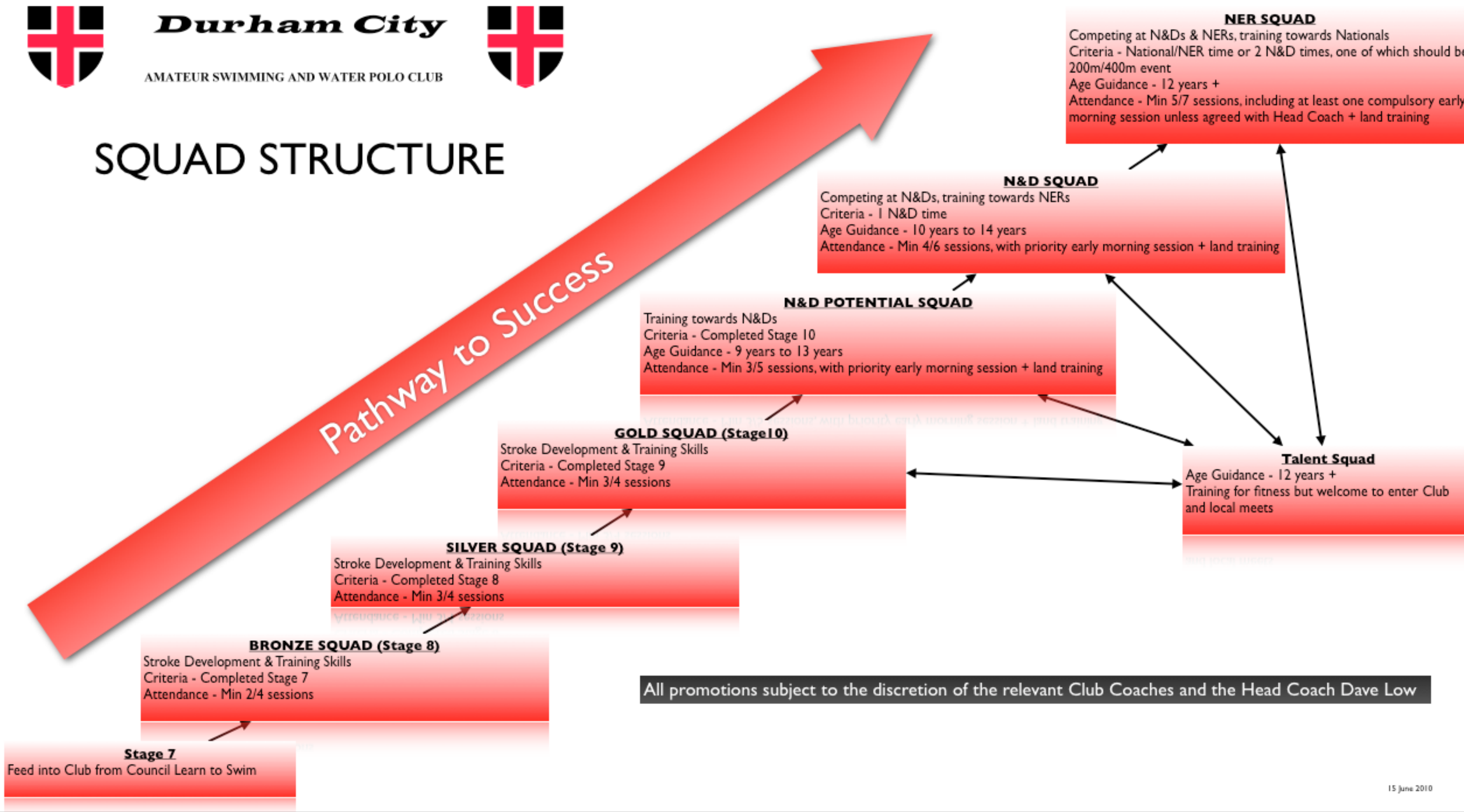
**Durham City**

AMATEUR SWIMMING AND WATER POLO CLUB



# SQUAD STRUCTURE

Pathway to Success



**Stage 7**  
Feed into Club from Council Learn to Swim

**BRONZE SQUAD (Stage 8)**  
Stroke Development & Training Skills  
Criteria - Completed Stage 7  
Attendance - Min 2/4 sessions

**SILVER SQUAD (Stage 9)**  
Stroke Development & Training Skills  
Criteria - Completed Stage 8  
Attendance - Min 3/4 sessions

**GOLD SQUAD (Stage 10)**  
Stroke Development & Training Skills  
Criteria - Completed Stage 9  
Attendance - Min 3/4 sessions

**N&D POTENTIAL SQUAD**  
Training towards N&Ds  
Criteria - Completed Stage 10  
Age Guidance - 9 years to 13 years  
Attendance - Min 3/5 sessions, with priority early morning session + land training

**N&D SQUAD**  
Competing at N&Ds, training towards NERs  
Criteria - 1 N&D time  
Age Guidance - 10 years to 14 years  
Attendance - Min 4/6 sessions, with priority early morning session + land training

**NER SQUAD**  
Competing at N&Ds & NERs, training towards Nationals  
Criteria - National/NER time or 2 N&D times, one of which should be 200m/400m event  
Age Guidance - 12 years +  
Attendance - Min 5/7 sessions, including at least one compulsory early morning session unless agreed with Head Coach + land training

**Talent Squad**  
Age Guidance - 12 years +  
Training for fitness but welcome to enter Club and local meets

All promotions subject to the discretion of the relevant Club Coaches and the Head Coach Dave Low