



THE CLUB'S SQUADS

Each of the squads has different aims and mainly targets swimmers at different stages of their development.

Learn to Swim

Chase Swimming Club is a competitive swimming club that also offer a Learn to Swim programme. We are affiliated to Swim England, and we run the Swim England award system. You can gain your swim safety awards with the Ducklings programme and then move onto Stages 1-7 before trialling for a place in our Academy Squad for your journey into competitive swimming.

Swimmers will be allocated a swim session dependant on availability and the stage at which you child is currently swimming at. This decision will be jointly made by the teachers and swim co-ordinator.

Academy Squad

This squad is for swimmers who are progressing from swimming lessons and who wish to develop their swimming technique further and try out competitive swimming.

Swimmers who have finished swimming lessons may want to be considered for the Competitive Swimming Academy squad. Children must be at least 7 years old and must be exceptionally good. Ideally due to maturity of the child swimmers will be 8 years old. Swimmers will also be assessed on the standard of all four swimming strokes and be able to swim 100m continuously.

Swimmers will have progressed to at least Stage 7 of the Swim England Learn to Swim Programme, or an equivalent, and already have a good stroke technique and have a strong desire to swim competitively (race).

Junior Squads

These squads are for swimmers who are aiming to develop further as competitive swimmers and looking to progress eventually to the Senior Squad.

The emphasis for all the Junior Squads is on development of stamina and stroke technique and swimmers are required to regularly meet their weekly training targets. Swimmers in this squad will be working towards county and regional competitions.

Senior Squads

This squad is for our older swimmers, although some talented younger swimmers who are achieving a high level of competitive success may be offered a place.

Swimmers are required to train regularly and will have a minimum number of sessions per week to attend. Dependant on age and range this could be from 4 to 7 sessions per week.

All targets for the Senior squad include early weekday mornings and weekends including evening swims.

CHASE SWIMMING CLUB

PARENTS & SWIMMERS GUIDE

TO COMPETITIVE SWIMMING



Swimmers in this squad will be working towards regional and national competitions.