

SASC DEVELOPMENT SQUAD

Entry Requirements

To be able to join SASC Development Squad swimmers must demonstrate the ability to;

Enter water at deep end safely.

Swim all 4 strokes with basic technique.

Swim 50m using 2 different strokes.

Scull on the back.

Perform a forward somersault.

Surface dive to pick up an object from pool floor .

Swim frontcrawl with face in water and have an understanding of correct breathing technique.

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Catherine 07534 277033
or
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