

## CRITERIA / ADMISSION REQUIREMENTS AND LEVELS - BULLSHARKS

<b>Blue</b>	<p>To qualify for this group the swimmer should swim the techniques of free, backstroke and breaststroke (complete technique) with evidence of forward propulsion, in a 25m pool of 2m depth. GO or NO GO evaluation (see Technical requests)</p> <p>The swimmer is expected to attend at least 2 training sessions per week (September to February).</p> <p>Practice sessions : <b>Mon, Tues, Thurs 16:30- 17:30</b></p>
<b>White</b>	<p>To qualify for this group the swimmer must swim all the techniques (free, backstroke, breaststroke and butterfly) without technical errors that cause disqualifications;</p> <p>The swimmer has to know how to execute the techniques of Turns (Turnflips: Free/Free and Back/Back, Open Turns: Breast/Breast, Fly/Fly, Fly/Back, Back/Breast and Breast/Free), as well as the techniques of Dives;</p> <p>The swimmer is encouraged to participate in training and should participate in one competition Long Distance event (400 IM, 400 Free, 800 Free or 1500 Free); (This is not compulsory but coaches encourage swimmers to consider LD to improve their endurance and stamina)</p> <p>The swimmer is required to swim the 100 IM in under 2' 05"/girls and 2' 00"/boys;</p> <p>The swimmer is expected to attend at least 2 - 3 training sessions per week (September to February);</p> <p>Practice: <b>Mon, Tues, Thurs 16:30 -17:30; Wed 16:30-18:00; Tues and Fri 06:15-07:30</b></p>
<b>Yellow</b>	<p>If the swimmer is under the age of 10 the swimmer must qualify for at least one Champs event to qualify for this group;</p> <p>Swim free, back, breast and fly techniques with obvious propulsion and glide (see Technical requests)</p> <p>The swimmer is required to swim the 100 IM in under 1' 50"/girls and 1' 45"/boys;</p> <p>The swimmer is encouraged to participate in training and should participate in one competition Long Distance event (400 IM, 400 Free, 800 Free or 1500 Free); (This is not compulsory but coaches encourage swimmers to consider LD to improve their endurance and stamina)</p> <p>The swimmer is expected to attend at least 3 trainings per week (September to February).</p> <p>Practice: <b>Mon to Fri 06:15-07:30; Mon, Tues, Thurs 17:15- 18:30 ; Wed 16:30-18:00</b></p>
<b>Gold</b>	<p>Does not include swimmers under the age of 13 (exception of swimmers aged 12 years, aged up to compete in 13 EFSL age group)</p> <p>Must have qualified for EFSL Champs (in either SD or LD events) in at least 5 events, of which at least 2 events are in different styles;</p> <p>The swimmer is encouraged to participate in training and should participate in one competition Long Distance event (400 IM, 400 Free, 800 Free or 1500 Free); (This is not compulsory but coaches encourage swimmers to consider LD to improve their endurance and stamina)</p> <p>The swimmer is expected to attend at least 4 trainings per week (September to February).</p> <p>Practice: <b>Mon to Fri 06:15-07:30; Mon, Tues, Thurs 17:15- 18:30 ; Wed 16:30-18:00</b></p>
<b>Level evaluation</b>	<p>Level changes between all Groups are assessed after every meet and changes can occur at any time during the Sporting Season at the discretion of the coaches with approval from the Board</p> <p>Should a swimmer not attend the required amount of practises for an extended period of time and require stroke /technical coaching, the coaches may request a swimmer to be transferred to the appropriate training group</p>
	<p>All decisions regarding swimmers and their level are made by the Coaches.</p> <p>The coaches ensure the swimmer is being trained in the correct group, according to their ability and with having the swimmers best interests at heart</p> <p>The coaches decision with approval from the board is final</p>
<b>***</b>	<b>ALL BULLSHARK SWIMMERS ARE EXPECTED TO SWIM AT 3 MEETS DURING THE SPORTING SEASON.</b>