



## ATHLETE PATHWAY FRAMEWORK

Regional - Swimmers aiming for Regional and National qualifying times.

PERFORMANCE SQUADS

REGIONAL



DEVELOPMENT SQUADS

Black/Advanced Development - Focus on competitive skills and acquisition for all strokes.

ADVANCED DEVELOPMENT



DEVELOPMENT BLACK



Yellow/Purple - Just moved from lessons to club swimming. Teaching stroke development, competitive starts, turns and racing skills.

PRE-COMPETITIVE SQUADS

PURPLE



YELLOW



Joining Monnow SC – Must be 6 years or older. Swim 25m Breaststroke, Front crawl, Backstroke and 50m of any stroke.

ASA/WASA LEARN TO SWIM PROVIDERS