

Pre-requirements for a Development Squad trial with Haringey Aquatics:

Swimmers must be able to:

- Swim frontcrawl, backstroke, breaststroke and butterfly to the ASA expected stroke standard
- Swim 50m continuously using one stroke
- Swim 100m continuously using a minimum of three different strokes
- Sink, push off from the wall, glide and kick into frontcrawl
- Sink, push off from the wall, glide and kick into backstroke
- Sculling: head first and feet first
- Horizontal and vertical rotation: forward/backward somersault and Log rolls

These are all key skills that can be achieved from a Learn to Swim programme. Development Squad Trials are normally held on the last Friday of the month, swimmers need to be on poolside for 6.00pm, please check club website for the dates.