

# Junior Dolphins

# MOVES

## Moves within Junior Dolphins

Swimmers move lanes according to where the coaches feel they are best placed. This may mean that swimmers sometimes skip a lane, or spend a bit longer in one lane than another. This is because swimmers are individuals and do not always develop at a consistent speed or on every stroke simultaneously. Even when placed in a certain lane, swimmers may be moved on a temporary basis to allow the most efficient use of pool space or to add challenge or consolidation of a particular skill.

## Moving to Dolphins

Deciding when swimmers are ready to move on from Junior Dolphins is never a one-person job.

To try to make the process as robust as possible all coaches meet together and fill in a transition assessment for the swimmers who show the potential to cope with the training load of the next squad.

This assesses:

- technique in all four strokes: body position, leg action, arm action, breathing and timing
- Speed according to age in 25m breaststroke, backstroke, and butterfly
- Speed according to age in 50m front-crawl

It also takes into consideration:

- Whether the swimmer listens to and can follow instructions
- Coachability and attitude
- Stamina and ability to maintain technique over distance
- Skills such as dives and basic turns
- Willingness to compete
- Attendance and punctuality
- Age in relation to fellow swimmers
- Other relevant information

The point score from this assessment is used to rank the swimmers. No matter how highly swimmers score, the coaches can only move up swimmers according to the number of spaces in the squad above. The Dolphins lead coach and the head coach are given the opportunity to review and agree the selected swimmers.

Coaches are always happy to discuss any aspects of your swimmer's progress. To arrange this, please email [info@scotiaasc.co.uk](mailto:info@scotiaasc.co.uk) and refrain from messaging coaches directly.