**Promotions Standard to join Junior Age Group:**

* Attend 75% monthly, 3 out of 4 sessions a week, willingness to attend 4 from 4.
* Target West District Age Group Consideration Standards (November) & District Championships (Jan-Jan-Mar) qualifying times
* Good attitude- Ready (Fit), Willing (to improve), Consistent & Polite
* Willingness to make up missed sessions
* Motivated to keeping healthy, fit and competing at the highest level
* Consistently positive and determined within the training and competition environment
* Focus on identifying key improvement areas personally and striving to develop these
  + Consistently improving quality technique over a progressively longer distance (all strokes)

