**Promotions Standard to join Junior National:**

* Attend 85% monthly, 6 out of 7 sessions a week, willingness to attend 7 from 7.
* Target SNAGs, continuous consideration into West Districts. Must make 1 national event from the following:
  + British Summer Championships/British Championships
  + SNAGs
  + Scottish Open Long Course
  + Scottish Open Short Course
  + Scottish Schools Finals
  + Scottish Summer Meet
* 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
* Basic knowledge of goal setting
* Swim 100’s off a base time of 1.40
* Kick 50’s off a base time of 60 and pull 50’s off a base time of 55
* Have the ability to perform 2-3-2 around the wall when swimming Frontcrawl and produce 5 kicks off the wall when swimming Butterfly or Backstroke – This must be consistent and shown throughout all sessions and not just some.
* Disciplined throughout sessions on a daily basis, including land work.
* Focus on identifying key improvement areas personally and striving to develop these
  + Consistent high quality technique over a progressively longer distance (all strokes)