**Promotions Standard to join Junior Development:**

* Attend 70% monthly, willingness to attend 2 from 2.
* Good attitude- Ready (Fit), Willing (to improve), Consistent & Polite
* Willingness to make up missed sessions
* Motivated to keeping healthy, fit and competing at the appropriate level
* Consistently positive and determined within the training and competition environment
  + Improving quality technique over a progressively longer distance (all strokes)

