

Training Academy

Criteria

Swimmers must meet the following criteria:

- Be aged 6 – 11 years.
- Completed Stage 5 in the Swim England Learn to Swim Framework (i.e. Stage 6 and above)
- Ability to continuously swim 100 meters whilst maintaining the Swim England expected stroke standards
- Ability to swim all 4 strokes (Butterfly, Backstroke, Breaststroke and Freestyle) maintaining the Swim England expected stroke standards
- Complete an initial trial session as an assessment to receive coach's invite to join KAL Training Academy
- Attend the minimum of one KAL Training Academy gala event each year

Swimmers who do not receive a coach's invite following their initial trial or continually progress to complete the Stage 8 Competitive Swimming Standard, will be provided with alternative options to continue their swimmers journey