



INTERNATIONAL
SCHOOL OF SAMUI



ISS Sharks Squad Training Entry Requirements

In order to join the Samui Sharks AM training squad a swimmer must meet the following criteria:

- Must be in Year 4 or above
- Must be able to swim Freestyle, Backstroke and Breaststroke with correct technique
- Must be able to achieve the times below

Age Group	Distance / Stroke	Time
8-10	50m Freestyle	00:50
8-10	50m Backstroke	01:00
8-10	50m Breaststroke	01:10
11-12	50m Freestyle	00:45
11-12	50m Backstroke	00:50
11-12	50m Breaststroke	01:00
13-15	50m Freestyle	00:40
13-15	50m Backstroke	00:45
13-15	50m Breaststroke	00:50

The swimmer must perform the qualifying times at a trial session with the Head Coach. If the swimmer is successful then they will be able to join the training squad providing that there is a place available. There are a maximum of 20 places in the squad to ensure there is adequate room for the swimmers to swim safely in their lane.

There is a waiting list for swimmers that wish to join but are unable to due to a lack of availability. If you are interested in joining the Samui Sharks Swim Team then please contact Mr. Withers.