

# SQUAD DESCRIPTIONS

SQUAD	OVERVIEW	CRITERIA OF ENTRY
<b>KIDS SWIMFIT</b>	For those who love to swim for fitness and fun. Sessions will be more relaxed and are appropriate for those who prefer to swim for the fun of it, as opposed to looking for a competitive pathway.	Graduated from the final stage of a learn to swim program.
<b>BRONZE SQUAD</b>	Building on fundamentals and swimming skills. Preparation for competition as swimmers will be introduced to racing opportunities at this level. Continue to refine skills in all four strokes including dives, turns and underwater work. Swimmers are recommended to attend at least <b>2 sessions per week</b> to establish good training routines. <b>Equipment required</b> for this level: fins, pull buoy, kickboard.	Can perform 50m seed time for: <ul style="list-style-type: none"> <li>- Free 1:10min</li> <li>- Back 1:15min</li> <li>- Breaststroke 1:20min</li> <li>- Fly 1:15min</li> <li>- Dive from block</li> </ul>
<b>SILVER SQUAD</b>	The entry level for swimmers dedicated to competition-level swimming. Swimming is the primary sport. Swimmers are committing to at least <b>3 sessions per week</b> and are training to compete at a regional level in individual events. Dry-land sessions are incorporated at this level to improve the strength and conditioning of swimmers. <b>Equipment required</b> for this level: fins, kickboard, pull buoy, paddles.	4x4x50@1:15 (4Fly-4Back-4Breast-4Free) 2x100 Free@2:00 2x100 IM@2:30  Competent race starts, underwater work and turns
<b>GOLD SQUAD</b>	Designed for swimmers aspiring to compete at a State level, and developing fitness in preparation for National levels. Dry-land sessions are incorporated at this level to improve conditioning. Gold-level swimmers are working toward their highest level of achievement and imbed the training culture required for high-intensity sessions to improve strength, aerobic endurance and racing skills. Swimmers need to be attending <b>4 or more sessions per week</b> in Gold Squad. <b>Equipment required</b> for this level: fins, kickboard, pull buoy, paddles.	By invitation from the head coach
<b>ADULT SWIMFIT</b>	Designed for competent swimmers wanting to improve swimming endurance and fitness. Sessions are programmed to the individual goals of the participants.	Basic swim skills and able to swim multiple laps
<b>LAND TRAINING</b>	Our land training consists of strength and conditioning sessions, that promote the best form in the water, and prevent injury. Training is incorporated into scheduled sessions (noted by *) and focus on core strengthening exercises as well as exercises that target large muscle groups. Land training helps improve balance, alignment, posture, and muscle coordination, which translates to all-round better technique in the pool.	

# SWIMSQUAD SESSION SCHEDULE

\* Includes land training

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kids Swimfit	PM	4.30 - 5.30	4.30 - 5.30		4.30 - 5.30		
	AM			5.30 - 7.00		5.30 - 7.00	7.00 - 9.00
Bronze	PM	4.30 - 6.00	4.30 - 6.00		4.30 - 6.00		
	AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	7.00 - 9.30 *
Silver	PM	4.00 - 6.00	4.30 - 6.30 *	4.00 - 6.00	4.30 - 6.30 *		
	AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	7.00 - 9.30 *
Gold	PM	4.00 - 6.00	4.30 - 6.30 *	4.00 - 6.00	4.30 - 6.30 *		
	AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	7.00 - 9.30 *
Adult Swimfit	AM	5.30 - 6.30		5.30 - 6.30		5.30 - 6.30	8.00 - 9.00
	PM		6.00 - 7.00		6.00 - 7.00		

