

## DEVELOPMENT SQUAD

The Purpose of this group is for stroke development & race skills development.

	<b>D2</b>	<b>D1</b>
<b>Coach:</b>	Tamsyn Walo, Taylia Sheridan	Sienna Walo, James Smith
<b>Minimum Age:</b>	5 years	7 years
<b>Recommended Sessions:</b>	2 x Sessions per week	3 x Sessions per week
<b>Criteria:</b>	Be able to swim 25m Backstroke, Breaststroke & Freestyle & at coaches' discretion	Be able to swim 200m Free, 200m Back, 100m Breast, 50m Fly, 150m IM & at coaches' discretion
<b>Required Training Equipment:</b>	Fins, Kick Board, Pull Buoy, Goggles	Fins, Kick Board, Pull Buoy, Goggles
<b>Optional Equipment:</b>	Cap	Finger Paddles, Snorkel, Cap
<b>Target Meets:</b>	Club Night (9 per season) Club Championships (June) SNTI Club Invitationals McDonalds Splash & Dash	Club Night (9 per season) Club Championships (June) STI Club Invitationals McDonalds Splash & Dash
<b>Training Times:</b>	<b>Monday</b> – 3:25pm – 4:30pm <b>Tuesday</b> – 3:25pm – 4:30pm <b>Thursday</b> – 3:25pm – 4:30pm <b>Saturday</b> – 8:00am – 9:00am	<b>Monday</b> – 3:20pm – 4:30pm <b>Tuesday</b> – 3:20pm – 4:30pm <b>Wednesday</b> – 3:20pm – 4:30pm <b>Thursday</b> – 3:20pm – 4:30pm <b>Saturday</b> – 8:00am – 9:00am

Squads run all year round with small breaks over Christmas and July depending on target events.

## BRONZE SQUAD

The Purpose of this squad is to enhance stroke and racing skills towards a State level.

<b>Coach:</b>	Kerrie Seymour, Sienna Walo
<b>Minimum Age:</b>	8 years
<b>Recommended Sessions:</b>	4 x Pool Sessions
<b>Racing Criteria:</b>	JX Bronze, Silver or Gold
<b>Training Criteria:</b>	800m Challenge in under 16 min & at Coaches Discretion

**Mandatory Equipment Required:** Fins, Kick Board, Goggles, Pull Buoy, Finger Paddles, Snorkel

**Optional Equipment:** Caps

### The Target Meets for this group are:

<b>Club Meets</b>	Club Nights	Club Championships
<b>Local Meets</b>	SNTI Club Invitationals	NT OW Series
<b>State Meets</b>	NT Championships (LC, SC, OW)	
<b>Team Selection Meets</b>	School Sports Swimming Championships	

### Training Times:

Monday	3:45pm – 4:00pm Dryland	4:00pm – 5:15pm Pool
Tuesday	3:45pm – 4:00pm Dryland	4:00pm – 5:15pm Pool
Wednesday	3:45pm – 4:00pm Dryland	4:00pm – 5:15pm Pool
Thursday	3:45pm – 4:00pm Dryland	4:00pm – 5:15pm Pool
Friday	3:45pm – 4:00pm Dryland	4:00pm – 5:30pm Pool (By invite only)
Saturday	8:00am – 9:00am Pool	

Squads run all year round with some school holiday breaks.

## SILVER SQUAD

The Purpose of this squad is to enhance stroke and racing skills for those at a State level and working towards a National level

**Coach:** Paige Lawson  
**Minimum Age:** 11 years  
**Recommended Sessions:** 5 x Pool Sessions & 1 x Gym Session  
**Racing Criteria:** SA State level Qualifying time  
**Criteria:** 1500m Challenge in under 26 min & at Coaches Discretion

**Mandatory Equipment Required:** Fins, Kick Board, Pull Buoy, Finger Paddles, Hand Paddles, Ankle Band, Snorkel, Goggles.

**Optional Equipment:** Caps

### The Target Meets for this group are:

<b>Club Meets</b>	Club Nights	Club Championships		
<b>Local Meets</b>	SNTI Club Invitationals	NT OW Series		
<b>State Meets</b>	NT Championships (LC, SC, OW)		Interstate LC Championships	Interstate SC Championships
<b>Team Selection Meets</b>	School Sports Swimming Championships			

### Training Times:

Monday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	4:45pm – 5:00pm Dryland	5:00pm – 6:30pm Pool	
Tuesday	4:45pm – 5:00pm Dryland	5:00pm – 6:30pm Pool	
Wednesday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	3:45pm – 5:30pm Gym		
Thursday	4:15pm – 4:30pm Dryland	4:30pm – 6:30pm Pool	
Friday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	3:45pm – 4:00pm Dryland	4:00pm – 5:30pm Pool	
Saturday	5:45am – 6:00am Dryland	6:00am – 8:00am Pool	8:00am – 9:00am Gym

Squads run all year round with possible breaks through school holidays.

## GOLD SQUAD

The Purpose of this squad is to enhance stroke and racing skills for those at a National level

**Coach:** Tim Few  
**Minimum Age:** 12 years  
**Recommended Sessions:** 6 x Pool Sessions & 1 x Gym Session  
**Racing Criteria:** National level qualifying time  
**Criteria:** 1500m Challenge in under 20 min & at Coaches Discretion

**Mandatory Equipment Required:** Fins, Kick Board, Pull Buoy, Finger Paddles, Hand Paddles, Ankle Band, Snorkel, Goggles.

**Optional Equipment:** Caps

**The Target Meets for this group are:**

<b>Club Meets</b>	Club Nights	Club Championships		
<b>Local Meets</b>	SNTI Club Invitationals	NT OW Series		
<b>State Meets</b>	NT Championships (LC, SC, OW)		Interstate LC Championships	Interstate SC Championships
<b>National Meets</b>	Age Nationals	Open Water Nationals	Open Nationals	Short Course Nationals

### Training Times:

Monday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	4:15pm – 4:30pm Dryland	4:30pm – 6:30pm Pool	
Tuesday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	3:45pm – 5:00pm Gym	5:00pm – 6:30pm Pool	
Wednesday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
Thursday	4:15pm – 4:30pm Dryland	4:30pm – 6:30pm Pool	
Friday	5:15am – 5:30am Dryland	5:30am – 7:00am Pool	
	3:45pm – 4:00pm Dryland	4:00pm – 5:30pm Pool	
Saturday	5:45am – 6:00am Dryland	6:00am – 8:00am Pool	8:30am – 9:30am Gym

Squads run all year round with some school holiday breaks, as well as a 2 week break after the National championships.

## **ADULT SQUAD**

The Purpose of this squad is to enhance aerobic capacity.

**Coach:** Tim Few, Paige Lawson

**Minimum Age:** 18 years

**Criteria:** be able to cycle 100's on a 2 min cycle & at Coaches Discretion

**Equipment Required:** Fins, Kick board, Pull Buoy, Snorkel, Ankle band, Paddles (either or both finger & hand), Goggles, Caps (Optional)

### **Training Times:**

Monday 5:15am – 5:30am Dryland, 5:30am – 7:00am Pool

Wednesday 5:15am – 5:30am Dryland, 5:30am – 7:00am Pool

Friday 5:15am – 5:30am Dryland, 5:30am – 7:00am Pool

Saturday 5:45am – 6:00am Dryland, 6:00am – 8:00am Pool