

SEASON 2011-2012 TRAINING SQUAD STRUCTURE

NOVICE SQUAD

- Squad members must display a reasonable swimming technique in at least *two* strokes over a distance of *50m*.
- Squad members will be coached in other strokes, and how to dive, stream-line and tumble-turn.
- Squad members are expected to attend at least *one* session per week (three available sessions).

JUNIOR SQUAD

- Squad members must be able to swim at least *three* strokes competently (with the fourth stroke developing) over a distance of *50m*.
- Squad members must be able to dive, stream-line and tumble-turn.
- Squad members are expected to attend at least *two* sessions per week (four available sessions).

INTERMEDIATE SQUAD

- Squad members must be able to swim at least *three* strokes competently (with the fourth stroke developing) over a distance of *100m*.
- Squad members must be able to dive, stream-line and tumble-turn.
- Squad members are expected to attend at least *two* sessions per week (four available sessions).

ADVANCED SQUAD

- Squad members must be able to swim *all four* strokes competently over a distance of *100m*.
- Squad members must be able to complete a *100m I.M.*
- Squad members must be able to dive, stream-line and tumble-turn.
- Squad members are expected to attend at least *three* sessions per week (four available sessions).

JUNIOR COUNTRY/STATE SQUAD

- Squad members are 11 years and under.
- Squad members must have achieved at least *one* Country Qualifying Time.
- Squad members are expected to attend at least *four* sessions per week (six available sessions).

SENIOR COUNTRY/STATE SQUAD

- Squad members are 12 years and over.
- Squad members must have achieved at least *one* Country Qualifying Time.
- Country Qualified Squad members are expected to attend at least *five* sessions per week (nine available sessions).
- State Qualified Squad members are expected to attend at least *six* sessions per week (nine available sessions).
- National Qualified Squad members are expected to attend at least *seven* sessions per week (nine available sessions).

Swimming ability will be assessed by the Sale Swimming Club Coaches, and Squad allocation is at the discretion of the Head Coach.