

# NEWSPORT SWIM SQUAD SWIMMER DEVELOPMENT PLAN

| SQUAD                         | DAYS<br>DURATION<br>DISTANCE                         | EMPHASIS  | PREREQUISITES  | EVENT GOALS  | CHAMPIONSHIP<br>MEETS   |
|-------------------------------|--|---|--|--|---|
| Orange Squad                  | 2 -3 Sessions<br>45-60mins<br>500-1000m              | Fun<br>Building Kick<br>Streamlines<br>4 Legal Strokes<br>Breathing Pattern         | Competency in 4<br>Strokes,<br>Dives and Turns,<br>General Squad<br>Swimming Etiquette | 100m Freestyle,<br>Backstroke,<br>Breaststroke.<br>50m Fly | Newington Club Nights<br>School Carnivals<br>Small Local Meets                    |
| <b>COMPETITIVE SQUADS</b>     |  |   |  |  |   |
| Bronze Squad                  | 3-5 Sessions<br>1-1.5 Hours<br>1.5-3km               | Fun<br>Strong Kick<br>Efficient Stroke<br>Aerobic Base<br>Stroke Mechanics          | Intermediate all 4<br>Strokes<br><br>Legal Strokes and Turns                           | 200 Free<br>200 IM<br>100 All strokes<br>400 Free          | Newington Club Nights<br>School Carnivals<br>Jnr State Age SC<br>Jnr State Age LC |
| Silver Squad                  | 4-6 Sessions<br>1.5 - 2 Hours<br>2.5-5km             | Interval Training<br>Aerobic Conditioning,<br>Stroke Tech Racing<br>Build Endurance | Experience Competing,<br>Leadership Role   | 200 Strokes<br>200IM<br>800 Free                           | State Age SC<br>State Age LC<br>National Age                                      |
| Gold Squad                    | 5-8 Sessions<br>1.5 - 2 Hours<br>2x Dryland<br>4-6km | Specific Energy Zone<br>training,<br>Aerobic & Anaerobic<br>Conditioning            | Leadership within<br>Club, Strong<br>Competition<br>Background                         | All Olympic Events   | State LC/SC<br>National Age<br>National Opens                                     |
| <b>NON-COMPETITIVE SQUADS</b> |  |   |  |  |   |
| Fitness/SwimFIT               | 3-4 Sessions<br>60mins<br>1.5-2.5km                  | Aerobic Base<br>Build Endurance<br>Improve Health/<br>Wellbeing                     | Intermediate Free/<br>Back/Brst<br>Able to swim<br>200m continuously                   | N/A  | N/A   |