

SILVER AND GOLD SQUAD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Swim 5:30am-7:00am Core and Mobility 7:00 – 7:30am	Swim 6:00am - 8:00am	Rest	Swim 6:00am - 8:00am	Weights/Dryland Strictly Year 9 and Above	<u>GOLD ONLY</u> Off Campus Training MLC Marlins 5:30 – 7:30am
Afternoon	Rest	Dryland Conditioning 4:00 - 5:00pm Swim 5:00pm - 6:00pm	Swim 5:00pm – 6:30pm	Swim 5:00pm – 6:30pm	Rest	Rest

SILVER AND GOLD SQUADS EXTRA INFORMATION

COMPETITIVE SQUADS	SESSIONS PER WEEK	CRITERIA
Silver Squad	4 – 6 sessions recommended. 1 Dryland per week	General <ul style="list-style-type: none"> Informal leadership shown within the club. Club <ul style="list-style-type: none"> Experience competing (Local, Metsea, or State level). Must be a member of a swimming club and regularly attend targeted carnivals. A commitment to develop as a competitive swimmer. Training <ul style="list-style-type: none"> Able to comprehensively understand the pace clock. Able to swim 200m FS, BK and BRST correctly and efficiently. Able to perform all starts, turns and finishes.
Gold Squad	5 – 8 sessions recommended. 2 Dryland per week	General <ul style="list-style-type: none"> Leadership shown within the club. Club <ul style="list-style-type: none"> Aiming to achieve State and National qualifying times. A strong commitment to develop as a competitive swimmer. Must be a member of a swimming club and regularly attend targeted carnivals. Training <ul style="list-style-type: none"> Able to physically and mentally handle the demands of high volume and intensity of training. Know all the fundamentals of swimming, including heartrate monitoring and training sets etc. An exceptional attitude of commitment, good behaviour and focus in training.