

NEWSPORT SWIM SQUAD SWIMMER DEVELOPMENT PLAN

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