WAA Squad Development Model @ AquaPulse

National Squad

Coached by: Ariana and Gowtham
Ages: 13+
Session Requirements: 7 – 9



State Squad

Coached by: Ariana and Gowtham
Ages: 13+ years
Session Requirements: 4 – 6



State Youth Squad

Coached by: Ariana and Gowtham
Ages: 10 – 12 years
Session Requirements: 3 – 5



District / Fitness / Multi Sport Squad

Coached by: Ariana and Gowtham

Ages: 13+

Session Requirements: 1 – 3



Junior Talent Squad

Coached by: Ariana and Gowtham
Ages: 8–12 years
Session Requirements: 2 – 3



Competition Development Squad

Coached by: Ariana, Vince and Joeuel Ages: 8 – 12 years Session Requirements: 1 – 3



Mini Squad

Coached by: Ariana, Vince and Joeuel
Ages: 5 – 8 years
Session Requirements: 1 – 2

