WAA Squad Development Model @ MAC

National Squad

Coached by: Karen and Gowtham
Ages: 13+
Session Requirements: 7 – 10

State Squad

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

State Youth Squad

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

District / Fitness / Multi Sport Squad

Coached by: Karen and Gowtham
Ages: 13+
Session Requirements: 1 – 3

Junior Talent Squad

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

Competition Development Squad

Coached by: Karen, Bessie, Angela and Khoa
Ages: 8 – 12 years
Session Requirements: 1 – 3

Mini Squad

Coached by: Karen
Ages: 5 – 8 years
Session Requirements: 1 – 2

WESTERN AQUATIC ACADEMY