

## 2023 – 2024 Squad Criteria

### Performance Squads

#### National Squad

The National Squad is the high-performance training squad of the Western Aquatic Academy. Attendance is required at a minimum of seven training sessions per week, as well as at all targeted camps and competitions. Exceptions in terms of attendance in this squad will only be made due to Year 12 studies and University commitments.

**Coaches: Karen Sales and Gowtham Reddy**

#### **Aim:**

To further develop and prepare swimmers to compete successfully at the Victorian and Australian Age Championships and to qualify for the Australian Open Championships.

#### **Requirements:**

- The swimmer is committed to producing the training necessary to achieve personal best results.
- The swimmer is working towards or has achieved one or more Australian Age or Open Championships qualifying times.
- To compete successfully at all targeted competitions (including Club events).
- To attend a minimum of seven training sessions per week as well as targeted camps and competitions.
- To arrive on time to all training sessions to be ready and prepared to start training at the scheduled time.
- To have successfully completed all training requirements of the State Squad.
- Be focused and committed to achieving individual/team goals.
- To take a leadership role during training, swimming meets and other club events.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 13 years and over.

**Personal Equipment Required:** Fins, snorkel, kick board, pull buoy, paddles and water bottle.

#### **Training Cycles:**

The season will be divided into three cycles:

<b>Cycle 1</b>	April 16 2023 – September 3 2023 *Preparation for the Victorian Age SC Championships (September 1 – September 3)
<b>Cycle 2</b>	September 4 2023 – December 20 2023 *Preparation for the Victorian Age LC Championships (December 16 – December 20)
<b>Cycle 3</b>	January 8 2024 – April 14 2024 *Preparation for the 2024 Australian Age Championships (April 6 – April 14)

#### **Training Times:**

	A.M.	P.M.
Monday	5.00 – 7.00	4.30 – 7.00*
Tuesday	5.00 – 7.00	6.00 – 7.45
Wednesday		5.30 – 7.00
Thursday	5.00 – 7.00	6.00 – 7.45
Friday	5.00 – 7.00	4.30 – 7.00*
Saturday	7.00 – 9.00	

\* = Dryland

## 2023 – 2024 Squad Criteria

### Performance Squads

#### State Squad

The State Squad is a performance training squad of the Western Aquatic Academy. Attendance is required at a minimum of four training sessions per week, as well as at all targeted camps and competitions. Exceptions in terms of attendance in this squad will only be made due to Year 12 studies and University commitments.

**Coaches: Karen Sales and Gowtham Reddy**

#### **Aim:**

To further develop and prepare swimmers to compete successfully at the Metro West District and the Victorian Age Championships and to qualify for the Australian Age Championships.

#### **Requirements:**

- The swimmer is committed to producing the training necessary to achieve personal best results.
- The swimmer has achieved one or more Victorian Age or Open Championships qualifying times.
- To compete successfully at all targeted competitions (including Club events).
- To attend a minimum of four training sessions per week as well as targeted camps and competitions.
- To arrive on time to all training sessions to be ready and prepared to start training at the scheduled time.
- To have successfully completed all training requirements of the State Youth or District Squad.
- Be focused and committed to achieving individual/team goals.
- To take a leadership role during training, swimming meets and other club events.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 13 years and over.

**Personal Equipment Required:** Fins, snorkel, kick board, pull buoy, paddles and water bottle.

#### **Training Cycles:**

The season will be divided into three cycles:

<b>Cycle 1</b>	April 16 2023 – September 3 2023 *Preparation for the Victorian Age SC Championships (September 1 – September 3)
<b>Cycle 2</b>	September 4 2023 – December 20 2023 *Preparation for the Victorian Age LC Championships (December 16 – December 20)
<b>Cycle 3</b>	January 8 2024 – June 2024 *Preparation for the 2024 Metro West District Championships (Dates TBC)

#### **Training Times:**

	A.M.	P.M.
Monday	5.00 – 7.00	4.30 – 7.00*
Tuesday	5.00 – 7.00	6.00 – 7.45
Wednesday		5.30 – 7.00
Thursday	5.00 – 7.00	6.00 – 7.45
Friday	5.00 – 7.00	4.30 – 7.00*
Saturday	7.00 – 9.00	

\* = Dryland

## 2023 – 2024 Squad Criteria

### Performance Squads

#### State Youth Squad

The State Youth Squad is an environment for junior swimmers to make the transition into senior competitive swimmers. Attendance is required at a minimum of three training sessions per week, as well as at all targeted camps and competitions.

**Coaches: Karen Sales and Gowtham Reddy**

#### **Aim:**

To further develop and prepare swimmers to qualify and compete successfully at the Victorian Age Championships.

#### **Requirements:**

- The swimmer is committed to producing the training necessary to achieve personal best results.
- The swimmer is targeting qualifying times for two or more events (not including 50m Freestyle) at the Victorian Age Championships.
- To compete successfully at all targeted competitions (including Club events).
- To attend a minimum of three training sessions per week as well as targeted camps and competitions.
- To arrive on time to all training sessions to be ready and prepared to start training at the scheduled time.
- To have successfully completed all training requirements of the Junior Talent Squad.
- Be focused and committed to achieving individual/team goals.
- To take a leadership role during training, swimming meets and other club events.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 10 years to 12 years.

**Personal Equipment Required:** Fins, snorkel, kick board, pull buoy, paddles and water bottle.

#### **Training Cycles:**

The season will be divided into three cycles:

<b>Cycle 1</b>	April 16 2023 – September 3 2023 *Preparation for the Victorian Age SC Championships (September 1 – September 3)
<b>Cycle 2</b>	September 4 2023 – December 20 2023 *Preparation for the Victorian Age LC Championships (December 16 – December 20)
<b>Cycle 3</b>	January 8 2024 – June 2024 *Preparation for the 2024 Metro West District Championships (Dates TBC)

#### **Training Times:**

	A.M.	P.M.
Monday	5.00 – 7.00	4.30 – 7.00*
Tuesday	5.00 – 7.00	6.00 – 7.45
Wednesday		5.30 – 7.00
Thursday	5.00 – 7.00	6.00 – 7.45
Friday	5.00 – 7.00	4.30 – 7.00*
Saturday	7.00 – 9.00	



## 2023 – 2024 Squad Criteria

### Recreation Squads

#### District / Fitness / Multi Sport Squad

The District / Fitness / Multi Sport Squad offers a training program of one to three pool sessions per week. This squad is flexible to cater for both pool competitors and swimmers targeting other sports. It is designed for swimmers aged thirteen years and older.

**Coaches: Karen Sales and Gowtham Reddy**

#### **Aim:**

To provide a training regime that caters for the needs of a range of senior swimmers.

#### **Requirements:**

- Flexible session requirements – regular attendance of between one to three sessions per week.
- To have successfully completed all the training requirements of the Junior Talent Squad and/or Fitness/Multi Sport Squad

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 13 years and over.

**Personal Equipment Required:** Fins, snorkel, kick board, pull buoy, paddles and water bottle.

#### **Training Cycles:**

This squad's training regime will revolve around individual swimmer's requirements/goals.

#### **Training Times:**

	A.M.	P.M.
Monday	5.45 – 7.00	7.00 – 8.00
Tuesday	5.45 – 7.00	
Wednesday		7.00 – 8.00
Thursday	5.45 – 7.00	
Friday	5.45 – 7.00	7.00 – 8.00
Saturday	7.00 – 9.00	



## 2023 – 2024 Squad Criteria

### Development Squads

#### Junior Talent Squad

The Junior Talent Squad offers a training program of two to three pool sessions per week. The major focus is to develop effective swimming technique and skills across the four competitive strokes both at training and in competition.

**Coaches:** Karen Sales, Gowtham Reddy and Khoa Le

#### **Aim:**

To further develop skills and proficiency in all four competitive strokes – with a major focus towards competitive swimming.

#### **Requirements:**

- Attendance at two to three sessions per week.
- To have successfully completed all the training requirements of the Competition Development Squad and/or has demonstrated the ability to compete successfully in all four competitive strokes, including the individual medley.
- Compete in targeted club events.
- Be focused on achieving individual goals, understanding successful training practices and working towards promotion to the State Youth Squad.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 8 – 12 years of age.

**Personal Equipment Required:** Fins and water bottle.

#### **Training Cycles:**

The season is divided into rotating cycles that include specific stroke and skill focuses each session. Emphasis will be centered upon mastering specific drills/skills and techniques rather than skimming over a broad range of content.

#### **Training Times:**

	A.M.	P.M.
Monday	5.45 – 7.00	7.00 – 8.00
Tuesday	5.45 – 7.00	6.00 – 7.45
Wednesday		7.00 – 8.00
Thursday	5.45 – 7.00	5.00 – 6.00
Friday	5.45 – 7.00	7.00 – 8.00
Saturday	7.00 – 8.15	



## 2023 – 2024 Squad Criteria

### Development Squads

#### Competition Development Squad

The Competition Development Squad offers a training program of one to three pool sessions per week. This squad is the progression from swimming lessons to squad/club swimming for swimmers aged six to eleven. The major focus is to develop swimming technique and skills across the four competitive strokes and to prepare swimmers for competition.

**Coaches:** Karen Sales, Bessie Nguyen, Angela Cheng and Khoa Le

#### **Aim:**

To further develop skills and proficiency in all four competitive strokes whilst encouraging participation in competitive swimming.

#### **Requirements:**

- Attendance at one to three sessions per week.
- Can demonstrate proficiency in Freestyle, Backstroke and Breaststroke for a minimum distance of 50m and Butterfly for a minimum distance of 25m.
- Begin to compete in targeted competitions (with a major focus on encouragement meets and Club events).
- Be focused on achieving individual goals, understanding successful training practices and working towards promotion to the Junior Talent Squad.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 6 – 11 years of age.

**Personal Equipment Required:** Fins and water bottle.

#### **Training Cycles:**

The season is divided into rotating cycles that include specific stroke and skill focuses each session. Emphasis will be centered upon mastering specific drills/skills and techniques rather than skimming over a broad range of content.

#### **Training Times:**

	A.M.	P.M.
Monday	7.00 – 8.00	4.30 – 5.30
Tuesday		5.00 – 6.00
Wednesday		4.30 – 5.30
Thursday	7.00 – 8.00	5.00 – 6.00
Friday		4.30 – 5.30
Saturday	7.00 – 8.15	



## 2023 – 2024 Squad Criteria

### Development Squads

#### Mini Squad

The Mini Squad offers a training program of one to two pool sessions per week. This squad is the progression from swimming lessons to squad/club swimming for swimmers aged five to eight. The major focus is to develop swimming technique and skills across the four competitive strokes and to prepare swimmers for competition.

**Coach: Karen Sales**

#### **Aim:**

To further develop skills and proficiency in all four competitive strokes whilst encouraging participation in competitive swimming.

#### **Requirements:**

- Attendance at one to two sessions per week.
- Can demonstrate proficiency in Freestyle and Backstroke for a minimum distance of 50m and Breaststroke for a minimum distance of 25m. Can perform correct Dolphin kicking action.
- Begin to compete in targeted competitions (with a major focus on encouragement meets and Club events).
- Be focused on achieving individual goals, understanding successful training practices and working towards promotion to the Competition Development Squad.

\*All selections are made at the discretion of the coaching team – normally after one of our three major cycles.

#### **Age/s:**

Preferred (but not exclusive to) 5 – 8 years of age.

**Personal Equipment Required:** Fins and water bottle.

#### **Training Cycles:**

The season is divided into rotating cycles that include specific stroke and skill focuses each session. Emphasis will be centered upon mastering specific drills/skills and techniques rather than skimming over a broad range of content.

#### **Training Times:**

	A.M.	P.M.
Monday		
Tuesday		4.15 – 5.00
Wednesday		
Thursday		4.15 – 5.00
Friday		
Saturday		