



2023 – 2024 Squad Criteria

Recreation and Development Squads

Squad

The Silver and Gold Squads at Saltwater are the progression from swimming lessons to squad/club swimming. The major focus is to develop effective swimming technique and skills across the four competitive strokes and to prepare swimmers for competition.

Coaches: Gowtham Reddy and Joeuel Cruz

Aim: To develop skills and technique in all four competitive strokes whilst encouraging participation in competitive swimming

Requirements:

- Regular attendance at between one and five squad sessions per week
- Can demonstrate proficiency in Freestyle, Backstroke and Breaststroke for a minimum distance of 200m and Butterfly for a minimum distance of 50m
- Begin to compete in targeted competitions (with a major focus on encouragement meets and WAA Club events).
- Be focused and committed to achieving individual/team goals, understanding successful training practices and promotion to higher level squads at other branches (where applicable)

*All squad selections are made at the discretion of the coaching team

Age/s: Preferred (but not exclusive to) 8 – 15 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		7.15 – 8.15
Tuesday		7.00 – 8.00 SARATOGA
Wednesday		6.30 – 7.30 Silver 7.30 – 8.30 Gold
Thursday		7.15 – 8.15
Friday		7.30 – 8.45
Saturday		