



SWIM SQUADS

The Canterbury College Aquatic Centre squad program offers a multi-level systematic approach to teaching swimming which will ensure swimmers will continue to enjoy the sport of swimming while developing their swimming abilities.

MINI SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

SELECTION CRITERIA:

- Swimmers aged 7-15 years
- Competent in all four strokes
- At the discretion of the Head Coach * *(see note at end of document)*

MAJOR COMPETITIONS:

- Brisbane Championships
- Interclub Competitions
- Club Championships
- School Competitions

COACH: Mini Squad Coach

SWIM SESSIONS: 5 Allocated Sessions per week

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Snorkel, Pull Buoy, Water Bottle

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:30-4:15 4:15-5:00	
TUESDAY			3:30-4:15 4:15-5:00	
WEDNESDAY			3:30-4:15 4:15-5:00	
THURSDAY			3:30-4:15 4:15-5:00	
FRIDAY			3:30-4:15 4:15-5:00	
SATURDAY				



JUNIOR SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

SELECTION CRITERIA:

- Swimmers aged 7-15 years
- Competent in all four strokes
- At the discretion of the Head Coach * *(see note at end of document)*

MAJOR COMPETITIONS:

- Brisbane Championships
- Interclub Competitions
- Club Championships
- School Competitions

COACH: Junior Squad Coach

SWIM SESSIONS: 5 Allocated Sessions per week

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Snorkel, Pull Buoy, Water Bottle

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:30-4:15 4:15-5:00	
TUESDAY			3:30-4:15 4:15-5:00	
WEDNESDAY			3:30-4:15 4:15-5:00	
THURSDAY			3:30-4:15 4:15-5:00	
FRIDAY			3:30-4:15 4:15-5:00	
SATURDAY				



INTERMEDIATE SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, skills, and energy systems. Prepare swimmers for competitions and working towards achieving a state age qualifying time.

SELECTION CRITERIA:

- Swimmers aged 10-18 years
- Compete in all four strokes
- Have a high level of stroke and training skills
- At the discretion of the Head Coach * *(see note at end of document)*

MAJOR COMPETITIONS:

- State Sprint Championships
- Brisbane Championships
- Club Championships
- School Competitions

COACH: Intermediate Squad Coach

SWIM SESSIONS: 6 Allocated Sessions per week

LAND SESSIONS: 5 per week

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Snorkel, Pull Buoy, Water Bottle

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:45-5:00	3:30-3:45
TUESDAY			3:45-5:00	3:30-3:45
WEDNESDAY			3:45-5:00	3:30-3:45
THURSDAY			3:45-5:00	3:30-3:45
FRIDAY			3:45-5:00	3:30-3:45
SATURDAY	7:30-9:00			



STATE SQUAD

LOCATION: MAIN POOL

FOCUS: Preparing swimmers for state championship competitions and working towards achieving a national age qualifying time.

SELECTION CRITERIA:

- Swimmers aged 10-18 years
- Achieve a state age qualifying time
- At the discretion of the Head Coach * *(see note at end of document)*

MAJOR COMPETITIONS:

- State Age Championships
- State Sprint Championships
- Brisbane Championships
- Club Championships
- School Competitions

COACH: State / National Squad Coach

SWIM SESSIONS: 10 Allocated Sessions per week

LAND SESSIONS: 5 per week

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Hand Paddles, Snorkel, Pull Buoy, Water Bottle

	AM	AM	PM	PM
	Swim	Gym / Land	Swim	Gym / Land
MONDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
TUESDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
WEDNESDAY			5:00-6:30	4:30-5:00 Core & Stretch
THURSDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
FRIDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
SATURDAY	6:00-8:00			



NATIONAL SQUAD

LOCATION: MAIN POOL

FOCUS: Preparing swimmers for national and international competitions

SELECTION CRITERIA:

- Achieve a national age or open qualifying time
- At the discretion of the Head Coach * *(see note at end of document)*

MAJOR COMPETITIONS:

- International Competitions
- Australian Open Championships
- Australian Age Championships
- State Open Championships
- State Age Championships
- Brisbane Championships

COACH: National Squad Coach

SWIM SESSIONS: 10 Allocated Sessions per week

GYM / LAND SESSIONS: 5 per week

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Hand Paddles, Snorkel, Pull Buoy, Water Bottle

	AM	AM	PM	PM
	Swim	Gym / Land	Swim	Gym / Land
MONDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
TUESDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
WEDNESDAY			5:00-6:30	4:30-5:00 Core & Stretch
THURSDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
FRIDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
SATURDAY	6:00-8:00			



* **Note:** Swimmers may be invited to attend swimming sessions and / or gym sessions that are above, equal to, or lesser than their current squad level. This will be at the Head Coach's discretion and dependant on swimmer performance (training and competition), maturity and availability of pool / gym space.

SWIM SQUAD PRICES

	Mini Squad	Junior Squad	Intermediate Squad	State Squad	National Squad
Non-Canterbury Student	\$100.00 p/month	\$100.00 p/month	\$120.00 p/month	\$130.00 p/month	\$140.00 p/month
Canterbury Student (10% discount applies)	\$90.00 p/month	\$90.00 p/month	\$108.00 p/month	\$117.00 p/month	\$126.00 p/month