

CANTERBURY TAIPANS SWIMMING CLUB

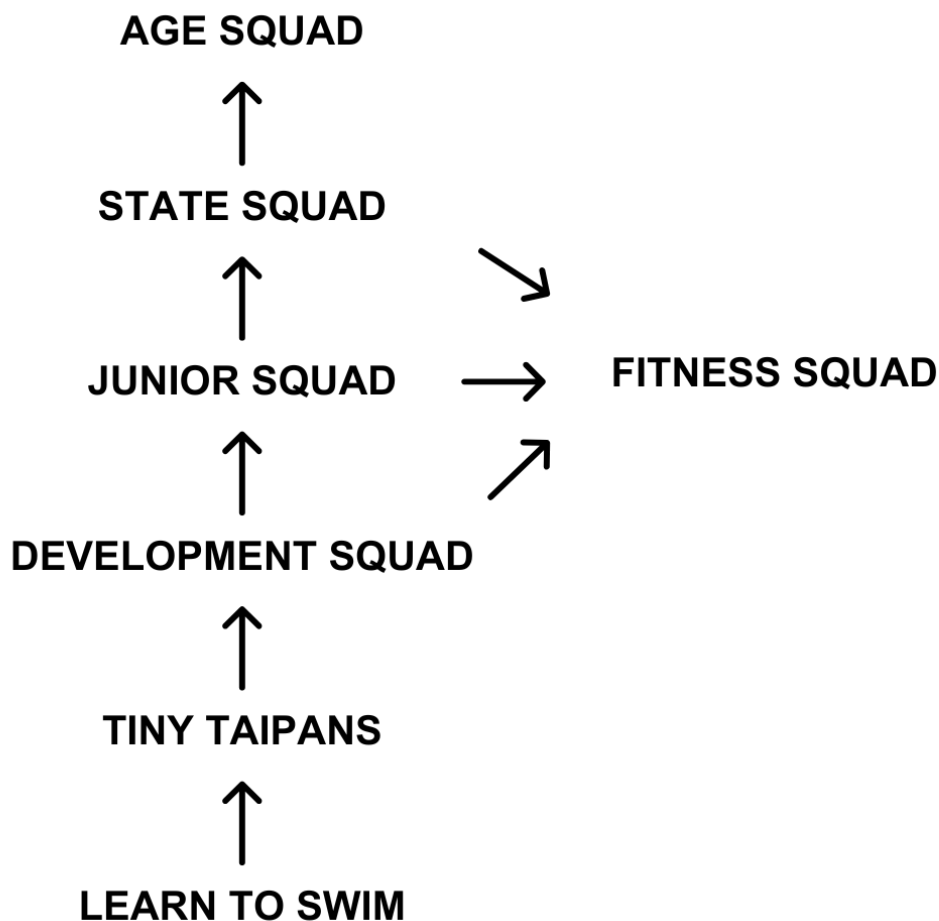
SQUAD STRUCTURE AND PATHWAYS



The Canterbury Taipans squad structure has been developed to assist in catering to swimmers at all levels and abilities. The program provides progressive steps of development to assist in providing the best opportunity for improvement.

Movement between squads occur generally at the end of each season with some movements occurring during the season at the discretion of the coaching team taking into consideration individual needs of members.

NOTE: If a member wishes to discuss squad movements they are asked to do so with their respective coach via email.



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CANTERBURY TAIPANS SWIMMING TIMETABLE 2023



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TINY TAIPANS (2-3 sessions per week)	AM	-	-	-	-	-	-
	PM	3:30 - 4:30 SWIM	3:30 - 4:30 SWIM	3:30 - 4:30 SWIM	3:30 - 4:30 SWIM	3:30 - 4:30 SWIM	-

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DEVELOPMENT (3-4 sessions per week)	AM	-	-	-	-	-	-
	PM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	-

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNIOR (4-5 sessions per week)	AM	-	6:00 - 7:30 SWIM	-	6:00 - 7:30 SWIM	-	-
	PM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	4:00 - 5:30 SWIM	-

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STATE (5-7 sessions per week)	AM	6:00 - 7:30 SWIM	6:00 - 7:30 SWIM	-	-	6:00 - 7:30 SWIM	-
	PM	4:00 - 6:00 SWIM	4:00 - 6:00 SWIM	-	4:00 - 6:00 SWIM	4:00 - 6:00 SWIM	-

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS (2-5 sessions per week)	AM	6:00 - 7:30 SWIM	6:00 - 7:30 SWIM	-	6:00 - 7:30 SWIM	6:00 - 7:30 SWIM	-
	PM	-	-	4:00 - 5:30 SWIM	-	-	-

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TINY TAIPANS SQUAD

FOCUS:

The *Tiny Taipans Squad* program provides a transition from Learn-To-Swim lessons to a competitive squad environment. The squad caters for athletes primarily aged between 7 and 11 years of age who are beginning their competitive swimming journey in a fun, friendly and educational environment.

Tiny Taipans Squad sessions focus on:

- Developing the foundation of competitive technique in all four strokes.
- Developing the foundation of competitive skill in all four strokes.
- Developing an understanding of how to function in a squad environment.
- Introducing participants to competition in a low-pressure fun and educating way.

TRAINING REQUIREMENTS:

- 2x 60-minute sessions per week.
- Arrive 5 minutes prior to the commencement of the session.

EQUIPMENT:

- Canterbury Taipans Equipment Starter pack (board, pull buoy, long fins, cap and equipment bag) can be purchased from LTS reception.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.

COMPETITION REQUIREMENTS:

While there is no requirement to participate in competition at this level it is recommended that athletes join Canterbury Taipans Swimming Club and compete at club race events and other meets as suggested by club coaches.

PROGRESSION CRITERIA:

- Have consistently attended 2 sessions per week.
- Have demonstrated the ability to learn and apply new technique and skill concepts.
- Will generally be 9+ years of age.
- Have demonstrated a desire to compete at competitions.
- Are physically and mentally ready for the increase in commitment.

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DEVELOPMENT SQUAD

FOCUS:

The **Development Squad** is the second progression in the Canterbury Taipans squad program and aims to assist athletes, aged primarily 9-12 years, to strengthen the foundations of competitive technique and skill across all four strokes with an emphasis on medley swimming. Participants will be encouraged to focus on the process and enjoyment of racing as they develop habits that will continue throughout their competitive journey.

TRAINING REQUIREMENTS:

- 3x 90-minute sessions per week
- Arrive 20 minutes prior to the commencement of the session to complete pre-swim dryland activities.

EQUIPMENT:

- Fins, board and pull buoy.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.
- T-shirt, shorts, and runners for dryland activities.

COMPETITION REQUIREMENTS:

All athletes in Development Squad are required to be competitive members of Canterbury Taipans Swimming Club and attend all competition as outlined by the coaching team.

- Competition schedules are released prior to the commencement of every swimming season.

PROGRESSION CRITERIA:

- Have consistently attended 3-4 sessions per week as prescribed by the coach.
- Have demonstrated the ability to learn and apply new technique and skill concepts.
- Will normally be 10+ years of age.
- Have consistently attended competitions as prescribed by the coach.
- Are physically and mentally ready for the increase in commitment.

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JUNIOR SQUAD

FOCUS:

The **Junior Squad** is designed to assist athletes towards achieving State qualifying times in an environment that builds upon the competitive technique and skills developed in the Tiny Taipans and Development squads. In addition to this, participants will also begin to develop their endurance and speed endurance capabilities in preparation for successful transition into higher level squads.

Swimmers in Junior Squad will primarily be between 9 and 13 years of age with a proven track record of participation in competitive swimming.

TRAINING REQUIREMENTS:

- 4x 90-minute sessions per week
- Arrive 20 minutes prior to the commencement of the session to complete pre-swim dryland activities.

EQUIPMENT:

- Short fins, kickboard, and pull buoy.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.
- T-shirt, shorts, and runners for dryland activities.

COMPETITION REQUIREMENTS:

All athletes in Junior Squad are required to be competitive members of Canterbury Taipans Swimming Club and attend all competition as outlined by the coaching team.

- Competition schedules are released prior to the commencement of every swimming season.

PROGRESSION CRITERIA:

- Have consistently attended 4+ sessions per week as prescribed by the coach.
- Have demonstrated the ability to learn and apply new techniques and skill.
- Will generally be 11+ years of age.
- Have consistently attended competitions as prescribed by the coach.
- Are physically and mentally ready for the move.

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STATE SQUAD

FOCUS:

The **State Squad** is designed for swimmers who have achieved state qualifying times or demonstrating the level of commitment that is required to swim at this level or higher. State Squad creates an environment that builds upon the competitive technique and skills developed in Junior Squad. In addition to this, swimmers will also begin to develop their aerobic and anaerobic capacities in preparation for successful transition into Age squad. Swimmers are expected to make a full commitment to the training and competition schedule as set by the squad coach.

TRAINING REQUIREMENTS:

- 5+ sessions per week
- Arrive 20 minutes prior to the commencement of sessions to complete pre-swim dryland activities.

EQUIPMENT:

- Short fins, kickboard, pull buoy, band, paddles, finger paddles and snorkel.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.
- T-shirt, shorts, and runners for dryland activities.

COMPETITION REQUIREMENTS:

All athletes in State Squad are required to be competitive members of Canterbury Taipans Swimming Club and attend all competition as outlined by the coaching team.

- Competition schedules are released prior to the commencement of every swimming season.

PROGRESSION CRITERIA:

- Have consistently attended 6+ sessions per week as prescribed by the coach.
- Have demonstrated the ability to perform at a state level or higher.
- Will normally be 14+ years of age.
- Have consistently attended competitions as prescribed by the coach.
- Are physically and mentally ready for the move.

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AGE SQUAD

FOCUS:

Age Squad is a performance-based squad where the swimmers are fully committed to training and competing at a high state and national standard.

TRAINING REQUIREMENTS:

- 7+ sessions per week + gym
- Arrive 20 minutes prior to the commencement of sessions to complete pre-swim dryland activities.

EQUIPMENT:

- Short fins, kickboard, pull buoy, band, paddles, finger paddles and snorkel.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.
- T-shirt, shorts, and runners for dryland activities.

COMPETITION REQUIREMENTS:

All athletes in Age Squad are required to be competitive members of Canterbury Taipans Swimming Club and attend all competition as outlined by the coaching team.

- Competition schedules are released prior to the commencement of every swimming season.

TIMETABLE AVAILABLE UPON REQUEST

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FITNESS SQUAD

FOCUS:

The **Fitness Squad** provides opportunities for athletes 11+ years to train at a level that suits their own personal goals. Swimmers will develop all aspects of stroke technique, fitness, and skills with a focus on race strategy if they are preparing for competition. All training sessions are designed to challenge the athletes according to their individual goals.

TRAINING REQUIREMENTS:

- 2 to 5 sessions per week (determined by the Coach together with the athlete, based on age, personal goals/aspirations, background, and ability)
- Arrive 15 minutes prior to the commencement of sessions to complete pre-swim dryland activities.

EQUIPMENT:

- Short fins, kickboard, and pull buoy.
- Drink bottle, goggles, bathers, and Canterbury Taipans club swimming cap.
- T-shirt, shorts, and runners for dryland activities.

COMPETITION REQUIREMENTS:

All athletes in Fitness Squad are encouraged to be competitive members of Canterbury Taipans Swimming Club but competition is not a requirement of the squad.

- Competition schedules are released prior to the commencement of every swimming season.

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