

Mini Squad



Overview

Mini Squad is the first training group after the learn to swim levels. This group is targeted at a “stroke development” focus with swimmers in the group consisting predominantly of 7 to 10-year-old children. They will learn how to refine their stroke techniques developed in the learn-to-swim program, and fine tune their racing skills (starts, turns & finishes). They will be introduced to lap swimming and training etiquette.

Sessions will emphasise training etiquette, stroke development and coordination.

Guidelines for inclusion

Inclusion in the Mini-Squad program either from Aquafanatics learn-to-swim program or externally, is at the discretion of Aquafanatics coaches. Swimmers will usually be given a trial period to determine if they are suitable. Guidelines for inclusion in the Mini-Squad program are listed below:

- Swimmers are usually aged between 7-10 years old.
- Swimmers must demonstrate proficiency in freestyle, backstroke & breaststroke.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Sessions & Timetable

Winter Timetable (Terms 2 & 3)

	Mon	Tue	Wed	Thu	Fri	Sat
AM						8:30-9:15
PM	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15		

Summer Timetable (Terms 4 & 1)

	Mon	Tue	Wed	Thu	Fri	Sat
AM						8:30-9:15
PM	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15	

Mini-squad sessions are 45 minutes in duration and are offered on four occasions during the week.

Program Structure

Each Mini-Squad session focuses on a ‘stroke of the day’ which rotates so that the stroke varies on any particular day from week to week. Generally, kick, stroke drills and technique work will be done in the ‘stroke of the day’. There is a weekly racing skills focus, and most sessions include some aerobic work.

Mini-squad members are encouraged to compete at Aquafanatics race events.

Expectations of Swimmers

- Swimmers should be ready to commence each session on time.
- Swimmers should bring goggles, water bottle (if desired) and fins to each session. (Aquafanatics supplies kickboards and any other equipment used).
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

Expectations of parents

- Parents must abide by the Aquafanatics Parents / Guardian [Code of Conduct](#).
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session.

Aquafanatics racing events

All Mini-Squad swimmers are encouraged to compete in the Aquafanatics races events that will take place during the term.

Enrolment, Fees, Suspension and Cancellation

Enrolment is confirmed by enrolling via the Aquafanatics customer portal.

Fees are paid termly in advance by direct debit only, with payment being made on the first day of each term.

Enrolment may be cancelled by contacting Aquafanatics.

Promotion

Mini-squad swimmers may be promoted to Junior Squad at the discretion of the Mini-Squad coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability

- Kick	6 X 25m (60)
- Fitness	10 X 25m freestyle (40)
- Individual Medley	100 IM < (2:30)

N.B. Ability testing is normally completed in week 8 of the term.