

Junior Squad



Overview

Junior squad is a group targeted at a “stroke development” focus with swimmers in the group consisting predominantly of 8 to 12-year-old children. This group will attend competitions, but training will centre around technique and skill development for all strokes and racing skills. The group will continue to learn training etiquette and what is expected of them to reach their potential.

Sessions will emphasise technique development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Junior Squad program either from Aquafanatics Mini-Squad 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 Junior Squad program are listed below:

- Swimmers are usually aged between 8-12 years old.
- Swimmers must demonstrate proficiency in all four competitive strokes.
- While there are no minimum attendance requirements, it is recommended that for optimal improvement and ultimate promotion to Development Squad, swimmers should attend two sessions per week.
- Swimmers are encouraged to compete at Aquafanatics race events.
- 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						8:30-9:30
PM	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30		

Summer Timetable (Terms 4 & 1)

	Mon	Tue	Wed	Thu	Fri	Sat
AM						8:30-9:30
PM	4:15-5:15	4:15-5:15	4:15-5:15 (TBC)	4:15-5:15	4:15-5:15	

Junior Squad sessions are 1 hour in duration and are offered on five to six occasions during the week.

Program Structure

Each Junior 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 skill focus, and all sessions include a medley focussed aerobic development set.

Junior 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 the [training equipment](#) listed for the Junior Squad to each session.
- Swimmers (or parents/guardians) 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 / Guardians

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

Aquafanatics racing events

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

Enrolment, Fees, Suspension and Cancellation

Enrolment is confirmed by enrolling online via the Aquafanatics customer portal. Enrolment is continuous, resuming until swimmers are promoted or enrolment is cancelled.

Fees are paid monthly in advance through the Aquafanatics Portal, with payment being made on the first day of each month for that month.

Enrolment may be suspended by contacting Aquafanatics. Suspension must be for a minimum of two weeks and maximum of four weeks, and the suspension request must be submitted no later than seven days prior to the end of the month to be effective for the following month. For absences longer than four weeks parents must cancel the enrolment and reenrol at a later date.

Enrolment may be cancelled by contacting Aquafanatics. The cancellation request must be submitted no later than seven days prior to the end of the month to be effective for the following month. Fee changes will be notified by email.

Promotion

Junior Squad swimmers may be promoted to Development Squad at the discretion of the Junior 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	10 X 25m (45)
- Fitness	10 X 50m freestyle (60)
- Individual Medley	100 IM < (2:00)

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