

Advanced Squad



Overview

Advanced squad is a group that is targeted at a "train to train" and "train to compete" focus with swimmers in the group consisting predominantly of swimmers aged 13 years +. This group continues to centre around refining technique and racing skills, while introducing timed repeats on a greater scale and with increased intensity. Medley swimming; i.e. training all four strokes, will be front and centre in this group. This group is encouraged to compete in all events over all distances.

Sessions will emphasise aerobic development, stroke length and coordination, but increasing the amount of short rest and broken race pace swims.

Guidelines for inclusion

Inclusion in the Advanced Squad program either from Aquafanatics Development Squad 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 Advanced Squad program are listed below:

- Swimmers are usually aged 13 years +.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills (starts, turns & finishes).
- While there is no minimum attendance requirements, it is recommended that for optimal improvement and ultimate promotion to Performance Squad, swimmers should attend four sessions per week.
- Swimmers must compete at Aquafanatics race events and inter-club 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		6:00-7:30		6:00-7:30		7:00-8:30
PM	4:30-6:00			4:30-6:00	4:30-6:00	

Summer Timetable (Terms 4 & 1)

	Mon	Tue	Wed	Thu	Fri	Sat
AM		6:00-7:30		6:00-7:30		7:00-8:30
PM	5:30-7:00			5:30-7:00	4:30-6:00	

Advanced Squad sessions are 1 hour 30 mins in duration and are offered on six occasions during the week.

Program Structure

The Advanced Squad program is planned by the principal coach with a view to preparing swimmers for designated meets. Sessions will include a variety of technique, skill, endurance and speed elements to achieve optimal competitive performance.

The Advanced Squad program aims primarily to teach/coach swimmers, but also to challenge them, and prepare them for competition.

Advanced Squad members are encouraged to compete at Aquafanatics race events and inter-club events.

Expectations of Swimmers

- Swimmers must maintain session and meet attendance requirements.
- Swimmers should be ready to commence each session on time.
- Swimmers should bring goggles, water bottle (if desired) and a gear bag containing all the [training equipment](#) required by the coaches to each session.
- 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 / 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.

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

Advanced Squad swimmers may be promoted to Performance Squad at the discretion of the Advanced 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 50m (1:10)
- Fitness	10 X 100m freestyle (1:30/1:40)
- Individual Medley	200 IM < (3:30)

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