

Performance Squad



Overview

Performance squad is a group that is targeted at a “train to compete” and an “elite athlete” focus with swimmers in the group consisting predominantly of swimmers aged 13 years to open athletes. Swimmers are to attend all designated competitions, with training centred around refining fitness requirements and skills for racing. Weekly training sets will reflect periodised requirements for preparation for major competitions and individual athlete needs. Medley training will still be prominent but stroke and event specific work for individual athletes will be common place.

Sessions will be coordinated to maximise all physiological requirements, delivered in an individualised manner.

Guidelines for inclusion

Inclusion in the Performance Squad program either from Aquafanatics Advanced 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 Performance 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, swimmers should attend six 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	5:30-7:30	5:30-7:30		5:30-7:30		6:30-8:30
PM	4:30-6:00			4:30-6:00	4:30-6:00	

Summer Timetable (Terms 4 & 1) TBC

	Mon	Tue	Wed	Thu	Fri	Sat
AM		5:00-7:15		5:00-7:15		6:15-8:30
PM	5:30-7:00	5:30-7:00		5:30-7:00	4:30-6:00	

Advanced Squad sessions are mostly 2 or 1.5 hours in duration and are offered on seven occasions during the week.

Program Structure

This group will be more focussed on individual success. They will engage in goal setting, establish strong training etiquette & values and become responsible for outcomes. Fun will be a tool to vary intense training; e.g. relays, time trials, underwater swimming.

Sessions will be coordinated to maximise all physiological requirements, in a much more individualised manner. Education on nutrition, injury prevention, sport psychology and other performance impact aspects will be introduced and built upon. Stroke length and coordination continue to be important but training for performance will be the overriding focus.

Performance Squad members are encouraged to compete at Aquafanatics race events and inter-club events, however, individual preference will now be an important consideration.

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.