

SQUAD STANDARDS

The Standards below have been prepared for three reasons:

1. To maintain a minimum standard within squads.
2. To assist you in achieving your goals,
3. To ensure everyone has the opportunity to reach their potential

	Senior Squad	Senior Development	Intermediate
Attendance	Minimum of 8 x 2 hour sessions/week	6 - 8 x 2 hour sessions/week	5 or more sessions
Competition	<ul style="list-style-type: none"> ▪ State and National 	<ul style="list-style-type: none"> ▪ Regional and State 	<ul style="list-style-type: none"> ▪ Regional and Club
Basic Skills	<ul style="list-style-type: none"> ▪ Streamline 100% ▪ Kick off walls ▪ Min 7.5m min streamline off walls with no breathing ▪ No breathing under flags 	<ul style="list-style-type: none"> ▪ Streamline 100% ▪ No breathing off walls ▪ Kick off walls ▪ 5m min off walls 	<ul style="list-style-type: none"> ▪ Streamline 100% ▪ No breathing off walls ▪ Kick off walls
Stroke Counts	<ul style="list-style-type: none"> ▪ Know S.C. goals for all intensities/races ▪ S.C. within all sets. 	<ul style="list-style-type: none"> ▪ Know S.C. goals for all intensities ▪ S.C. as required by Coach 	<ul style="list-style-type: none"> ▪ S.C. as required by Coach
Dryland	<ul style="list-style-type: none"> • Required to utilise specialists when required e.g. Physio, Nutritionist, Sport Psych • Good technique in all exercises 	<ul style="list-style-type: none"> • Expected to utilise specialists when required e.g. Physio • Good technique in all basic exercises 	<ul style="list-style-type: none"> • Encouraged to utilise specialists when required e.g. Physio • Developing technique for basic exercises
Equipment required on pool deck	<ul style="list-style-type: none"> ▪ Kick Board ▪ Paddles (Large and finger) ▪ Flippers (zoomers and normal) ▪ Pull Buoy ▪ Band ▪ Drag suit ▪ Crab pot ▪ Full Water bottle 	<ul style="list-style-type: none"> ▪ Kick Board ▪ Paddles (Medium) ▪ Flippers ▪ Pull Buoy ▪ Band ▪ Drag suit ▪ Full Water bottle 	<ul style="list-style-type: none"> ▪ Kick Board ▪ Paddles (Medium or small) ▪ Flippers ▪ Pull Buoy ▪ Band ▪ Full Water bottle
Other	<ul style="list-style-type: none"> ▪ On deck, ready to go at least 3mins prior to start of session ▪ Communication primarily coach-swimmer ▪ Complete full sessions ▪ Complete and email to Dion 'Self Monitor Sheets' fortnightly ▪ Complete training sheets/whiteboard PB's ▪ Solutions – not excuses 	<ul style="list-style-type: none"> ▪ On deck, ready to go at least 3mins prior to start of session ▪ Communication combination coach-swimmer-parent ▪ Complete full sessions unless told otherwise ▪ Solutions – not excuses 	<ul style="list-style-type: none"> ▪ On deck, ready to go at least 3mins prior to start of session ▪ Communication combination coach-swimmer-parent ▪ No stopping in main sets ▪ Complete attendance sheets