



# Squad Timetable 2024

## Effective from 1<sup>st</sup> January 2024



### Mini

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45am		7:00-7:45am	7:00-8:00am Scots College	10:00-10:45am
4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	
5:00-5:45pm	4:45-5:30pm		4:45-5:30pm		

### Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:45am	6:45-7:45am	6:45-7:45am	6:45-7:45am		9:00-10:00am
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	

### Target

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-8:00am		6:45-8:00am		5:45-7:00am	8:45-10:00am
	5:30-6:45pm	5:00-6:15pm	5:30-6:45pm	5:00-6:15pm	

### Competitive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:45am	5:00-6:45am	5:00-6:45am	5:00-6:45am	5:00-6:45am	6:00-7:45am
4:45-5:15pm dl 5:15-6:45pm	4:45-5:15pm dl 5:15-6:45pm	4:45-5:15pm dl 5:15-6:45pm	4:45-5:15pm dl 5:15-6:45pm	4:45-5:15pm dl 5:15-6:45pm	

Saturday sessions for Competitive and Performance squads are subject to the 2024 racing and championships calendar.

### Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-7:00am	5:00-7:00am	5:00-7:00am	5:00-7:00am	5:00-7:00am	6:00-8:00am
4:45-5:15pm dl 5:15-7:00pm	4:45-5:15pm dl 5:15-7:00pm	4:45-5:15pm dl 5:15-7:00pm	4:45-5:15pm dl 5:15-7:00pm	4:45-5:15pm dl 5:15-7:00pm	

Saturday sessions for Competitive and Performance squads are subject to the 2024 racing and championships calendar.

### Performance & Competitive Squads

Stretching 5:00am-5:15am Monday-Friday, 6:00am-6:15am Saturday.

Dry Land session (dl) 4:45pm-5:15pm Monday to Friday, dry land session is compulsory if attending swim session.

Please wear comfortable sports attire, joggers, bring a towel and water bottle.

Friday pm session will finish earlier on scheduled Club nights, and swimmers will be expected to stay for club night.



# Squad Information 2024



**Please note:** Swimmers that take an extended break from swimming of 6 weeks or more will need to be reassessed and may not return to the same squad.

## Mini Squad

- Duration 45 min sessions
- Freestyle, Backstroke and Breaststroke technique are continuing to be developed and reinforced. The Butterfly stroke foundations are introduced and developed.
- Swimmers are being introduced to aerobic capacity which is beginning to be developed through more specific sets.
- Dives, Turns and Underwater skills are continually reinforced.
- For best results swimmers are encouraged to attend 2-3 sessions per week.
- **Required Equipment: Mesh Bag, drink bottle, Kick Board and Fins (flippers).**

## Development Squad

- Duration 60 minutes
- A strong focus on technical excellence in all four strokes is continuing to be developed and reinforced.
- Swimmers' aerobic capacity is continuing to be developed through specific aerobic sets.
- Speed is a focus and is implemented through short interval sets.
- Dives, Turns and Underwater skills are continually reinforced.
- For best results swimmers are encouraged to attend 3-4 sessions per week.
- **Required Equipment: Mesh Bag, drink bottle, Kick Board, Fins (flippers), Pull Buoy.**

## Target Squad

- Duration 75 minutes
- Swimmers are fluent in all four strokes and skills.
- Racing is encouraged within this squad with sets designed specific to the swimmer's racing needs.
- Swimmers are encouraged to be registered members of the **Southern Sydney Swim Team Swimming Club** and are competing in regular still water swim meets.
- For best results swimmers are encouraged to attend 3-4 sessions per week.
- **Required Equipment: Mesh Bag, drink bottle, Kick Board, Fins (flippers), Pull Buoy and Paddles, and snorkel.**

## Competitive Squad

- Duration 90 minutes
- Swimmers within this squad are competing in regular still water swim meets and aiming for State Age qualifying times.
- Swimmers must be registered members of the **Southern Sydney Swim Team Swimming Club** and are competing in regular still water swim meets.
- Swimmers are fluent in all four strokes and skills.
- Racing is the main emphasis within this squad with sets designed specific to the swimmer's racing needs.
- For best results swimmers are encouraged to attend 4-5 sessions per week.
- **Required Equipment: Mesh Bag, drink bottle, Kick Board, Short Fins (flippers), Pull Buoy, Snorkel and Paddles.**

## Performance Squad

- Duration 120 minutes
- Swimmers within this squad have gained National Age/Open or State Age qualifying times.
- Swimmers must be registered members of the **Southern Sydney Swim Team Swimming Club** and are competing in regular still water swim meets.
- Swimmers are fluent in all four strokes and skills.
- Racing is the main emphasis within this squad with sets designed specific to the swimmer's racing needs.
- For best results swimmers are encouraged to attend 5-10 sessions per week.
- **Required Equipment: Mesh Bag, drink bottle, Kick Board, Short Fins (flippers), Pull Buoy, Snorkel and Paddles and sponge.**