

## SQUAD TRAINING GROUPS

Squad Level	Description
<b>Bronze</b>	The Bronze Squad is designed for swimmers aged 10 and over aiming to compete at a Regional and State Level. The Bronze Squad entry group is for swimmers who have transitioned from Junior Squad. Swimmers will be introduced to a variety of racing opportunities as they continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. This is achieved by introducing more advanced drills and training techniques. Recommended to attend 3 - 5 sessions a week.
<b>Silver</b>	The Silver Squad is for State qualifiers 12 years and over. Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It aims to continue developing swimmers' conditioning for competition and create training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend 4 - 6 sessions a week.
<b>Gold</b>	The Gold Squad is for our National Age and Open swimmers, 14 years and over, who are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. Moving into this squad is at the coaches discretion. Recommended to attend at least 7 sessions a week

## SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Bronze</b>						8:00 - 9:00
<b>Silver</b>	5:00 - 7:00		5:00 - 7:00		5:00 - 7:00	6:00 - 8:00
<b>Gold</b>	5:00 - 7:00		5:00 - 7:00		5:00 - 7:00	6:00 - 8:00

  

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Bronze</b>	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
<b>Silver</b>	4:45 - 6:30	4:45 - 6:30	4:45 - 6:30	4:45 - 6:30	3:45 - 5:00	
<b>Gold</b>	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	3:45 - 5:00	

### Join our Squad!

We are always keen to meet and welcome new swimmers to our Rackley Squad, especially those who enjoy of racing, or who are new to Squad Swimming. Scan the QR code to book a squad trial session/assessment.

