

# SQUAD TRAINING GROUPS

Squad Level	Description
<b>Junior</b>	The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend at least 2 sessions a week.
<b>Bronze</b>	The Bronze Squad is designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our competitive-focused squads for swimmers aged 10 and over. Recommended to attend at least 4 sessions a week.
<b>Senior</b>	The Senior Squad is designed for high school multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event. There is no minimum number of training sessions; however, if swimmers wish to compete at a school level or higher, they are encouraged to complete a minimum of 3-4 sessions a week.
<b>Silver</b>	The Silver Squad is for State and National 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 at least 5 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 6 sessions a week.
<b>Performance</b>	Performance Squad is our High-performance squad. Swimmers are selected for this squad at the Head Coach's discretion. The timetable will be communicated directly and may vary based on the swimmer.

**Join the Squad! Scan QR Code to Book an Assessment**

We are always keen to welcome new swimmers to our Squad, especially those who like the joy of swimming at any level. Scan the QR code to book a squad trial session/assessment. For more information, visit our website [CentenaryPool.com.au/swim-squad](http://CentenaryPool.com.au/swim-squad).



# RACKLEY CENTENARY

## SQUAD SWIMMING

### SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior		6:00 - 7:15 Terrace		6:00 - 7:15 Terrace		8:00 - 9:00 Terrace
Bronze	5:15 - 7:15 Centenary	5:15 - 7:15 Terrace		5:15 - 7:15 Terrace	5:15 - 7:15 Terrace	6:00 - 8:00 Terrace
Senior			6:30 - 7:30 Terrace		6:30 - 7:30 Terrace	6:00 - 8:00 Terrace
Silver	5:15 - 7:30 Centenary <i>Gym &amp; Swim</i>	5:15 - 7:30 Terrace		5:15 - 7:30 Terrace	5:15 - 7:30 Terrace	5:45 - 7:45 Valley
Gold	5:15 - 7:30 Centenary	5:15 - 7:30 Centenary <i>Gym &amp; Swim</i>		5:15 - 7:30 Centenary <i>Gym &amp; Swim</i>	5:15 - 7:30 Centenary	6:30 - 9:30 Centenary <i>Gym &amp; Swim</i>

*Gym & Swim = Gym sessions are mobility based. Please bring exercise/dryland gear, including enclosed shoes.*

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 4:45 Terrace	3:45 - 4:45 Terrace	3:45 - 4:45 Terrace	3:45 - 4:45 Terrace	3:45 - 4:45 Terrace	
Bronze	4:45 - 6:45 Terrace	4:45 - 6:45 Terrace <i>Gym &amp; Swim</i>	4:45 - 6:45 Terrace	4:45 - 6:45 Terrace <i>Gym &amp; Swim</i>		
Senior	3:45 - 4:45 Centenary	3:45 - 4:45 Centenary		3:45 - 4:45 Centenary		
Silver	4:45 - 6:45 Centenary	4:45 - 6:45 Centenary	4:45 - 6:45 Centenary <i>Gym &amp; Swim</i>	4:45 - 6:45 Centenary		
Gold	3:45 - 5:45 Centenary	3:45 - 5:45 Centenary	3:45 - 5:45 Centenary	3:45 - 5:45 Centenary		

*Gym & Swim = Gym sessions are mobility based. Please bring exercise/dryland gear, including enclosed shoes.*

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# Rackley Swimming at St Rita's College

The Coaching team from Rackley Swimming Centenary provides the St Rita's College swimming Squad training program. The Rackley Swimming program is open to swimmers from St Rita's and members from the general public.

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<b>Junior</b>	The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend at least 2 sessions a week.
<b>Bronze</b>	The Bronze Development Squad is designed for swimmers competing at a Brisbane and State Level. The Bronze Development Squad is the entry group into our competitive-focused squads for swimmers aged 10 and over. Recommended to attend at least 3 sessions a week.

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	6:30 - 7:30		6:30 - 7:30			
Bronze	6:00 - 7:30		6:00 - 7:30			

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:30 - 4:30	3:30 - 4:30		3:30 - 4:30		
Bronze	3:30 - 5:00	4:30 - 6:00		3:30 - 5:00		

Please note that there are no training sessions held at SRC over School Holidays or Public Holidays. Students are welcome to train with the squads running from the Centenary Pool and St. Joseph's College Gregory Terrace in Spring Hill.



St Rita's College