

## SQUAD TRAINING GROUPS

Squad Level	Description
<b>Junior</b>	<p>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 2 - 4 sessions a week.</p>
<b>Bronze</b>	<p>The Bronze Squad is designed for swimmers aged 10 and over aiming to compete at a Brisbane 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 by introducing more advanced drills and training techniques. Recommended to attend 3 - 4 sessions per week <i>Note: Joining the Rackley Swim Team is highly encouraged for swimmers in Bronze Squad.</i></p>
<b>Silver</b>	<p>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. <i>Note: Joining the Rackley Swim Team and actively competing is a mandatory requirement for Silver Squad.</i></p>
<b>Gold</b>	<p>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. <i>Note: Joining the Rackley Swim Team and actively competing is a mandatory requirement for Gold Squad.</i></p>
<b>Senior</b>	<p>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 attend 2-3 sessions a week.</p>

### 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 [colmslieaquaticcentre.com.au/swim-squad](http://colmslieaquaticcentre.com.au/swim-squad).



## SQUAD TIMETABLE

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

**Gym & Swim = Gym sessions are mobility and strength based. Please bring exercise gear and enclosed shoes.  
\*This session is optional if you cannot attend Tuesday afternoon. Only available during School Terms.**

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Bronze	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	
Silver	4:30 - 6:30 <i>Gym &amp; Swim</i>	5:00 - 6:30	4:30 - 6:30 <i>Gym &amp; Swim</i>	5:00 - 6:30		
Gold	4:15 - 6:30	4:15 - 6:30	4:15 - 6:30	4:15 - 6:30		
Senior	5:00 - 6:15		5:00 - 6:15			
Adult		6:30 - 7:30		6:30 - 7:30		

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