

Squad Training Groups

Squad Level	Description
Junior	<p>Building upon the fundamental swimming skills and developing your child's ability to learn how to train and help them develop a growth mindset and a love for the sport through having fun. 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. Equipment required - Kick board, Flippers, Pull buoy, water bottle.</p> <p>Recommended to train a minimum of 2-3 sessions a week</p>
Bronze	<p>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 4-5 sessions a week. For swimmers in Bronze, they are strongly encourage to join the Rackley Swim Team and race competitively.</p>
Silver	<p>Designed for swimmers already competing at a State level, in silver squad we focus on encouraging the lifelong love and appreciation of swimming as we introduce the swimmers to more rigorous training, preparing them for competition at a state level. Squad sessions at Silver Level maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and Gym sessions. It is aimed at continuing to develop swimmer's conditioning for competition but also creating training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend at least 6 sessions a week. In Silver Squad, it is a mandatory requirement for swimmers to join the Rackley Swim Team and race competitively.</p>
Gold	<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. In Gold Squad, it is a mandatory requirement for swimmers to join the Rackley Swim Team and race competitively.</p>
Open	<p>The Open 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.</p>

For more information on our program fees and our coaching team visit hibiscusaquaticcentre.com.au/swim-squad Ph 07 3054 4374

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	6:30 - 7:30		6:30 - 7:30	6:30 - 7:30		8:30 - 10:00 Gym & Swim
Bronze		6:00 - 7:30			6:30 - 7:30	8:30 - 10:00 Gym & Swim
Silver		5:30 - 7:30		5:30 - 7:30		6:30 - 8:30
Gold	5:30 - 7:30		5:30 - 7:30		5:30 - 7:30	6:00 - 9:00 Gym & Swim
Open						
Adult	5:30 - 6:30		5:30 - 6:30		5:30 - 6:30	

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	
Bronze	3:45 - 6:00 Gym & Swim	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	3:45 - 5:30 Gym & Swim	
Silver	4:00 - 7:00 Gym & Swim	4:00 - 6:00	4:00 - 7:00 Gym & Swim	4:00 - 6:00	4:00 - 6:00	
Gold	5:00 - 6:45	4:00 - 7:00 Gym & Swim	5:00 - 6:45	4:00 - 7:00 Gym & Swim		
Open						
Adult		6:00 - 7:00		6:00 - 7:00		

Gym & Swim sessions are dryland based. For Bronze & Silver squad swimmers, 'gym' will be dryland exercises. For Gold Squad, these sessions will be in the gym*

**Subject to change*

Join our Squad

We are always keen to welcome new swimmers to our Rackley team, especially those who like the joy of racing at any level. Scan the QR code to book a squad trial session/assessment.



Clairvaux Mackillop College at Rackley

The Coaching team from Rackley Swimming Hibiscus provides the **Clairvaux Mackillop College Stingers** (Swimming Program) their training program in [Term One](#) and [Term Four](#). The CMC Stingers training program is open to all swimmers from Clairvaux Mackillop College.

Squad Level	Description
Stroke Correction	The Stroke Correction session are run in the 25m pool. This level is equivalent to a mini squad to enhance the fundamental of the 4 competitive strokes.
CMC Stingers	These sessions builds upon the fundamental swimming skills. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, basic training etiquette and discipline.

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Correction						
CMC Stingers				6:30 - 7:30	6:30 - 7:30	

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Correction						
CMC Stingers	3:15 - 4:15		3:15 - 4:15			