

CLEM JONES CENTRE SWIM SQUAD PROGRAM

EFFECTIVE – 1 JULY 2014

SQUAD PHILOSOPHY

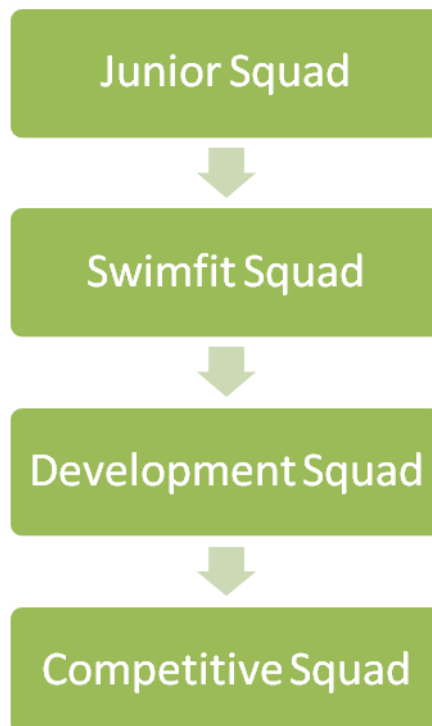
At the Clem Jones Centre, all departments are focused toward providing inclusivity and quality to our customers in all our services and this practice is carried into the swimming squad's philosophy.

The program is about catering for swimmers of all abilities and objectives. Whilst the development of National and State level swimmers is a great objective to target, equally important is the long term fitness or technical development goals of our Swimfit and Junior Squad swimmers.

The squad is focused on providing the best service possible to cater for each swimmer that comes to training. Whether they are making National finals, or whether they just want to improve their fitness, the program will provide the training, coaching and service necessary for the individual to reach their goals.

SQUAD PATHWAY

The following basic flow chart illustrates the pathway between the squads.



JUNIOR SQUAD

Aim: Technical development for swimmers of all abilities.

Session Length: 60 minutes

Recommended Attendance: 2-3 sessions per week.

Age Guide: 7-10 years.

Equipment: Goggles, Kick Board, Standard Flippers (all compulsory), Caps (optional)

Kitbag: Swimmers are encouraged to have their own kitbag; however the centre provides the necessary equipment for those who do not.

Where: Heated Outdoor 25m Pool

Ability: Ideally swimmers should be able to perform all strokes with relatively sound technique, including multiple efforts of 25m Freestyle, Backstroke and Breaststroke. Swimmers are also expected to have knowledge of appropriate butterfly technique and streamlining.

Swimmers are encouraged to be able to complete these basic sets.

- 4 x 25m Freestyle/Backstroke/Breaststroke (20sec rest) with relatively sound technique.
- Knowledge of starts, turns and streamlining.
- 4 x 25m Kick on 45sec.

Overview: The Junior Squad is aimed at increasing a swimmers technical ability in all strokes, as well as development of starts and turns. The program structure focuses significantly on drills and technique education, but also introduces elements of training necessary for progression, such as racing skills, using the pace clock, as well as a gradual progression from 50m to 100m swim efforts.

Swimmers at this level are welcome to swim competitively for Carina Leagues CJ's Swim Club.

SWIMFIT SQUAD

Aim: A progression pathway for swimmers from Junior Squad to reach their individual swimming goals, whether that is technical, competitive or fitness based.

Session Length: 60 Minutes + Optional 30 Minutes

Recommended Attendance: 2-3 sessions per week.

Age Guide: 10 Years & Over

Equipment: Goggles, Kick Board, Standard Flippers (all compulsory) Pool Buoy, Caps, Finger Paddles and Hand Paddles (all optional).

Kitbag: Swimmers are encouraged to have their own kitbag; however the centre provides the necessary equipment for those who do not.

Where: Outdoor 50m Pool

Ability: Ideally swimmers are encouraged able to perform all strokes with relatively sound technique. Freestyle, Backstroke and Breaststroke must be able to be swum competently over 100m, and Butterfly over 50m. Swimmers are encouraged to be able to complete sound freestyle starts and turns, and reasonable Back, Breast and Fly starts and turns.

Swimmers are encouraged to be able to complete these basic sets.

- 8 x 50m Kick on 1:30
- 4 x 200m IM's Broken (15sec rest per 50m)
- 8 x 100m Freestyle on 2:20.

Overview: This squad is aimed at covering all levels of ability within a fun and enjoyable environment, whilst also providing a stepping stone into the competitive squads. The program incorporates all areas of swimming, ranging from technical development to fitness focused training and everything in-between.

The squad's goal is to cater to all types of swimmers, including fitness based, aspiring competitive, and technical development based swimmers.

Swimmers at this level are welcome to swim competitively for Carina Leagues CJ's Swim Club.

DEVELOPMENT SQUAD

Aim: To create a progression pathway to the Competitive Squad, whilst still developing all the attributes necessary for competitive performance.

Session Length: 90 Minutes (Pool) 30 Minutes (Dryland)

Compulsory Attendance: 4-6 Sessions

Age Guide: 8-13years

Equipment: Goggles, Cap, Kick Board, Standard Flippers, Pool Buoy (all compulsory), Hand Paddles, Finger Paddles (optional)

Kitbag: Swimmers are required to have their own kitbag with the compulsory equipment.

Where: Outdoor 50m Pool & Dryland Facilities

Ability: Swimmers must be registered with the Carina Leagues CJ's Swim Club and be competitive performance focused. The swimmers should be able to complete multiple efforts of 100m Free/Back/Breast and 50m Fly, and be able to complete 200m Individual Medley's, with sound technique. Swimmers are encouraged to also be able to complete 200m Freestyle and 200m Form Stroke with strong technique. Swimmers must be able to complete basic speed and sprint sets.

Swimmers are encouraged to be able to complete the following sets.

- 4 x 100m Kick on 2:30
- 4 x 200m Individual Medley's @80%, with 45sec rest.
- 2 x (4x50m) Speed Efforts with 45sec recovery per 50m, and 2minute between cycles.
- 4 x 200m Form Stroke (Sprinting 15m of each lap), with 30sec recovery per 200m.

**Based on 11-12 yr old, younger swimmers recovery times may be slightly longer

Overview: Being the first competitive squad on offer, the program is based around introduction and development of competitive attributes. Swimmers are based on a yearly cycle to be at peak performance for Championship meets. Dryland is also introduced to swimmers to build muscular strength and reduce risk of injury.

Competitive performance at Brisbane and Regional level Championships are the goal outcome.

Swimmers at this level are required to compete competitively for Carina Leagues CJ's Swim Club.

COMPETITIVE SQUAD

Aim: To produce successful State & National results through high intensity and high performance based training. To develop and progress Talent ID swimmers (9-11yrs) to a National level by 13yrs of age.

Session Length: 120 minutes (Pool) 45 Minutes (Dryland)

Compulsory Attendance: 5+ Sessions (9-11yrs), 6+ (12-13yrs), 7+ (14&Over)

*Session attendance is based on each individual's requirements.

Age Guide: 9 & Over

Equipment: Goggles, Caps, Kick Board, Standard Flippers, Pool Buoy (Compulsory) Finger Paddles, Hand Paddles (encouraged)

Kitbag: Swimmers are required to have their own kitbag with the compulsory equipment.

Where: Outdoor 50m Pool & Dryland Facilities

Ability: Swimmers must be registered with the Carina Leagues CJ's Swim Club to take part in this squad. Swimmers must be current or aspiring State or National competitors. The swimmers must be capable of taking part in high intensity lactic acid threshold, aerobic and speed based training. For swimmers aged 9-11yrs, they must have been Talent ID by the coach as being a future National competitor by the age of 13.

Swimmers must be able to complete these sets with a high level of competency.

- 5 x 100m Kick on 2:00
- 3 x (200m, 150m, 100m, 50m) Race Pace Efforts with 1min recovery per effort.
- 5 x (4x50m) Speed Efforts with 20sec recovery per 50m & 1.5minute between cycles.
- 10 x 200m Form Stroke (Sprinting 15m of each lap), with 10sec recovery per 200m.

Overview: This competitive squad is aimed at producing strong results at State and National competitions. The program places swimmers on an individualized program and requires full commitment. The program caters for all types of events, but is primarily at 100m/200m performance program.

Internally, the squad is broken into Senior (12&O) & Junior (9-11), to allow the program to be tailored to each age brackets respective needs. The junior group trains adjacent to the senior group to allow for a seamless progression in their development.

Swimmers should be targeting National Age/Open Championships, State Championships and School State Championships.

Swimmers at this level are required to compete competitively for Carina Leagues CJ's Swim Club.

SQUAD TIMETABLE

Junior Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM 1	3:30pm to 4:30pm	3:30pm to 4:30pm	3:30pm to 4:30pm	3:30pm to 4:30pm	3:30pm to 4:30pm	
PM 2	4:30pm to 5:30pm	4:30pm to 5:30pm	4:30pm to 5:30pm	4:30pm to 5:30pm	4:30pm to 5:30pm	
Lane Space	25m Pool	25m Pool	25m Pool	25m Pool	25m Pool	

Swimfit Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:00am to 7:00am		5:00am to 7:00am		6:00am to 7:30am
PM	3:30pm to 4:30pm OR 5:00pm	3:30pm to 4:30pm OR 5:00pm	3:30pm to 4:30pm OR 5:00pm	3:30pm to 4:30pm OR 5:00pm	3:30pm to 4:30pm OR 5:00pm	
Lane Space	Same as Development Squad					

Note: Swimfit squad may also do dryland on select afternoons. Swimmers will be notified of when.

Development Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:00am to 7:00am		5:00am to 7:00am		6:00am to 7:30am
Dryland AM						7:30am to 8:00am
PM	3:30pm to 5:00pm	3:30pm to 5:00pm	3:30pm to 5:00pm	3:30pm to 5:00pm	3:30pm to 5:00pm	
Dryland PM	5:00pm to 5:30pm	5:00pm to 5:30pm	5:00pm to 5:30pm	5:00pm to 5:30pm	5:00pm to 5:30pm	
Lane Space	3 Lanes until 4:30pm, 2 Lanes until 5:00pm					

Competitive Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland AM	5:00am to 5:30am		5:00am to 5:30am		5:00am to 7:00am	6:00am to 6:30am
AM	5:30am to 7:00am	5:00am to 7:00am	5:30am to 7:00am	5:00am to 7:00am		6:30am to 8:30am
Dryland PM	3:45pm to 4:30pm	3:45pm to 4:30pm	3:45pm to 4:30pm	3:45pm to 4:30pm	3:45pm to 4:30pm	
PM	4:30pm to 6:30pm	4:30pm to 6:30pm	4:30pm to 6:30pm	4:30pm to 6:30pm	4:30pm to 6:15pm	
Lane Space	3-4 Lanes Depending on Attendance (4 Lanes Standard)					

Note: Dryland times may change at the coach's discretion. Time changes will be communicated to swimmers and parents.

SQUAD TIMES & FEES

Below is the outline of the squad times & fees.

Squad	Cost (Monthly)	Times
Junior Squad	\$50.00	Monday to Friday 3:30pm to 4:30pm 4:30pm to 5:30pm
Swimfit Squad	\$90.00	Monday to Friday 3:30pm to 4:30pm/5:00pm Tuesday & Thursday 5:00am to 7:00am Saturday 6:00am to 7:30am
Development Squad	\$110.00	Monday to Friday 3:30pm to 5:30pm Tuesday & Thursday 5:00am to 7:00am Saturday 6:00am to 8:00am
Competitive Squad	\$125.00	Monday to Friday 3:45pm to 6:30pm Monday to Friday 5:00am to 7:00am Saturday 6:00am to 8:30am