



CLEM JONES CENTRE SWIM SQUAD PROGRAM

Effective – 1 AUGUST 2017

Squad Philosophy

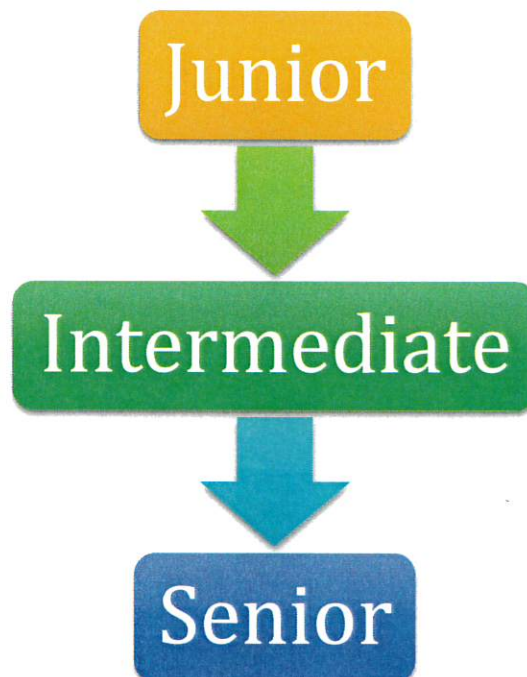
At the Clem Jones Centre, all departments are focused on providing inclusivity and quality to our customers in all our services and this practice is carried into the swimming squad's philosophy.

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

Goals for these swimmers:

- 100m Freestyle/Backstroke/Breaststroke with correct technique.
- 25/50m Butterfly with correct timing of stroke.
- Knowledge of starts, turns, finishes and streamlining.
- Basic understanding of pace clock.
- 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, turns and finishes. 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 to 50m and 100m swimming.

Swimmers at this level are encouraged to join the Carina Leagues CJ's Swim Club and participate at CJ's Swimming Club fortnightly meets during Terms 1 & 4.



INTERMEDIATE SQUAD

Aim: To create a progression pathway to the Senior Squad, whilst still developing all the skills along the way.

Session Length: 90 Minutes (Pool) 15 Minutes (Dryland)

Compulsory Attendance: 3-4 Sessions

Age Guide: 9-13years

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: The swimmers should be able to complete 100m Free/Back/Breast and 50m Fly, and 200m Individual Medleys with sound technique. Swimmers are also encouraged to complete 200m Freestyle and 200m Form (any other stroke) with strong technique. Swimmers must be able to complete basic speed and sprint sets.

Training goal sets for these swimmers:

- 3 x 100m Kick on 2:30
- 3 x 100 Free on 1.45
- 3 x 100 IM on 2.15
- 4 x 50 Dive Max (walk back)

Overview: This program is based around the introduction and development of competitive attributes. Dryland is also introduced to swimmers to build muscular strength and reduce risk of injury.

Competitive performances at School, Regional and Brisbane meets are the goals of this squad.

Swimmers at this level are encouraged to join and compete for Carina Leagues CJ's Swim Club.



SENIOR SQUAD

Aim: To continue the development of swimmers through more advanced drills and sets. To teach swimmers in this squad what training sets are required to reach a higher level in the sport of swimming.

Session Length: 90 minutes (Pool) 15 Minutes (Dryland) + Introduce Gym Sessions

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

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

Age Guide: 12 & 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.

Commitment: Swimmers must be registered with the Carina Leagues CJ's Swim Club to take part in this squad. The swimmer must be willing to commit to a minimum of 5 sessions per week and aspire to compete at a State or National level.

Training goal sets for these swimmers:

- 4 x 100m Kick on 2.00
- 4 x 100 Free on 1.30
- 8 x 50 Dive Max (walk back) on 5.00
- 12 x 200 1 - Max, 1 - A2 on 3.30
- Aerobic based sets

Overview: This is a progression from the Intermediate squad and working with the LTAD – (Long Term Athlete Development) plan of keeping swimmers in the pool over a long period of time and not having early burn out due to being overworked at a young age. The program places swimmers on an individualized program and requires the swimmer to be committed to the sport.

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
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	

Dive Practice (twice weekly on a rotating basis)

Intermediate Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5.30am to 7.00am		5.30am to 7.00am		6.00am to 7.30am
Dryland AM						7.30am to 7.45am
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 5.15pm	5.00pm to 5.15pm	5.00pm to 5.15pm	5.00pm to 5.15pm	5.00pm to 5.15pm	
Lane Space	3 Lanes until 4:30pm, 2 Lanes until 5:00pm					

Senior Squad

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	OFF	GYM 5.15am to 6.00am	SWIM ONLY	GYM 5.15am to 6.00am	OFF	SWIM 6.00am to 8.00am
AM	OFF	SWIM 6.00am to 7.00am	SWIM 5.15am to 7.00am	SWIM 6.00am to 7.00am	OFF	GYM 8.00am to 9.00am
PM	4.15pm to 6.30pm	4.15pm to 6.30pm	4.15pm to 6.30pm	4.15pm to 6.30pm	4.15pm to 6.00pm	
Lane Space	3-4 Lanes Depending on Attendance (4 Lanes Standard)					



Squad Times & Fees

Below is the outline of the squad times & fees.

Squad	Cost (Monthly)	Times
Junior Squad	\$70.00	Monday to Friday 3.30pm to 4.30pm 4.30pm to 5.30pm
Intermediate Squad	\$110.00	Monday to Friday 3.30pm to 5.15pm Tuesday & Thursday 5.30am to 7:00am Saturday 6.00am to 7.45am
Senior Squad	\$135.00	Monday to Thursday 4.15pm to 6.30pm Friday 4.15pm to 6.00pm Tuesday to Thursday 5.15am to 7.00am Saturday 6.00am to 9.00am

NOTES:

1. Senior Squad fees include access to the Gymnasium facility for supervised programs by coaching staff. Children <14 are restricted to cardio and bodyweight activities (no free or pinned weights).
2. Senior Squad members can access the Gym outside normal training times (must be discussed with Head Coach).
3. Free lockers are provided for squad members who train frequently. Children are encouraged to use these lockers for storage of swim bags or school needs.
4. Any squad or fee enquiries should be directed to Brian Glass (Head Coach) by email: brian@clemjonescentre.com.au or before or after training.