

TIGERSHARKS

New Squad Structures from JULY 27th 2009

With the opening of the new Casey Race Pool in Cranbourne the TigerSharks are able to expand its squad structure and offerings. Currently the council have not provided a confirmation of an opening date for Casey Race but it is expected to be open mid-June. Below is a description of each squad and its training fees. Squad schedules and fee structures will be reviewed by the club committee to determine the viability of the transition to the new pool after an initial trial period.



Squad Fees

Teen Gym Membership

All Swimmers in State Youth, Senior Competition A, and National Squad aged 12 years and over need to have changed their YMCA membership to Teen Gym in order to gain access to the weights room, running machines, cycles and aerobics rooms at ARC & RACE. Please consult with YMCA staff to determine the best deal for family memberships etc. When changing your membership, unless done in the recent TigerSharks group booking on Tuesday, a swimmer must attend the YMCA orientation session outlining correct gym etiquette.

	Squad	Monthly Training Fees	Yearly Club Registration Fee
1	Development	\$64	\$130
2	Junior	\$74	\$130
3	State Target	\$84	\$130
4	State Youth	\$94	\$130
5	Senior Competition A	\$105	\$130
	Senior Competition B	\$45	Comp Swimmer \$130 Triathlete \$30
6	National Age	\$135	\$130
	National Open	\$135	\$130

* The usual discount of 5% for the second child and 15% for the third child will remain!!

**Swimmers in Senior Comp "B" wanting to compete at Swim Vic meets need to register as a Competitive Member \$130. Triathletes etc that will not be competing for the TigerSharks in swimming competitions can register as a non-competitive member at \$30 and do not require a parent to join.

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Squad Descriptions Summary

The tables below are a brief guideline only.

Squads							(July 27 th onward)
	Squad	Definition	Weekly Sessions	Target Age Group	Attendance Criteria	Dryland	Weights
1	Development	Bridging from learn-to-swim. Introduction of club drills and basic competition skills.	4	5-12yrs	None	1	0
2	Junior	Competent new/young swimmers. Squad still heavily technique focused. Encouragement & District meets.	5	7-12yrs	None	1	0
3	State Target	Swimmers with good competence in most drills, strokes and racing skills. Targeting multiple State qualifying times.	6	7-13yrs	None	2	0
4	State Youth	Young swimmers targeting good performances at State Championships. Targeting State medals & National qualifying times.	8	9-13yrs	5+ sessions	2	1 (depending age)
5	Senior Competition A	13yrs+ swimmers competing at State Championships, National, Open Water Swimmers etc wanting fully structured & challenging training regime to achieve their potential.	8	13+yrs	5+ sessions	1-2	1-2
	Senior Competition B	13yrs+ swimmers wanting to compete at a State or National level but only able to commit to 1-3 sessions weekly. Triathletes & Open Water Swimmers.		13+yrs	Maximum of up to 3 sessions. No minimum.	1-2	1
6	National Age	12yrs+ swimmers with the highest commitment to achieving their swimming potential. Very close to, or having achieved several National qualifying times.	10	12-18yrs	7 sessions (12yr Boys). 8+ sessions (12yr Girls, 13yr Boys)	2	1-2
	National Open	17+ swimmers whose major focus is National Open Championships.		17+yrs	9+ sessions	2	1-2

* Senior Competition A & B are the same squad and will be doing the same sessions.

** National Age & Open are the same squad and will be doing the same sessions.

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Squad Training Schedule (As From **July 27th 2009**)

- ◆ The coaching staff will be completing a full review of the new schedule in late August 2009 and making any final changes or adjustments.
- ◆ The training schedule may also be altered at any time due to unforeseen circumstances.
- ◆ Weights sessions are for 12years & over in National, Sen Comp, State Youth. Swimmers must be registered as teen gym members.

National Open & Age			Senior Competition A/B		
Monday AM	ARC	5:30-7:30	Monday AM	RACE	5:30-7:30
Monday PM	ARC	4:00-6:30	Tuesday AM	ARC	5:30-7:30
Tuesday AM	RACE	5:30-7:30	Tuesday PM	RACE	5:45-8:00 Dryland
Tuesday PM	RACE	4:15-7:00 Dryland/Gym	Wednesday AM	RACE	5:30-7:30
Wednesday PM	ARC	4:15-6:30	Thursday AM	ARC	5:30-7:30
Thursday AM	RACE	5:30-7:30	Thursday PM	RACE	6:00-8:00 Dryland
Thursday PM	RACE	4:15-7:00 Dryland	Friday PM	ARC	6:00-7:45
Friday AM	ARC	5:30-7:30	Saturday PM	RACE	4:30-7:00 Gym
Friday PM	RACE	4:15-6:45			
Saturday PM	ARC	4:30-7:30pm Gym			
State Youth			State Target		
Monday PM	ARC	6:00-8:00 Dryland	Monday AM	RACE	5:30-7:30
Tuesday PM	ARC	4:00-5:45	Tuesday PM	ARC	5:45-7:45 Dryland
Wednesday AM	RACE	5:30-7:30	Wednesday PM	ARC	6:30-8:00
Wednesday PM	RACE	5:00-7:00 Dryland	Thursday PM	ARC	6:00-7:30
Thursday PM	ARC	4:00-6:00	Friday AM	RACE	5:30-7:30
Friday PM	ARC	4:00-6:00 Stretch	Saturday AM	RACE	8:00-10:00 Dryland
Saturday AM	ARC	8:00-10:15 Stretch			
Saturday PM	RACE	4:30-6:15(weights 6:15-6:45)			
Junior			Development		
Monday PM	RACE	4:15-5:45 Dryland	Monday PM	RACE	5:45-7:00
Wednesday AM	ARC	5:30-7:15	Wednesday PM	RACE	4:00-5:00
Wednesday PM	RACE	6:30-8:00	Friday PM	RACE	6:45-7:45
Friday PM	RACE	6:00-7:30	Saturday AM	ARC	10:15-11:30
Saturday AM	RACE	10:00-11:45 Dryland			

Call Coach Ben directly with any questions on Mobile: 0413-513-969