

New Squad Structures

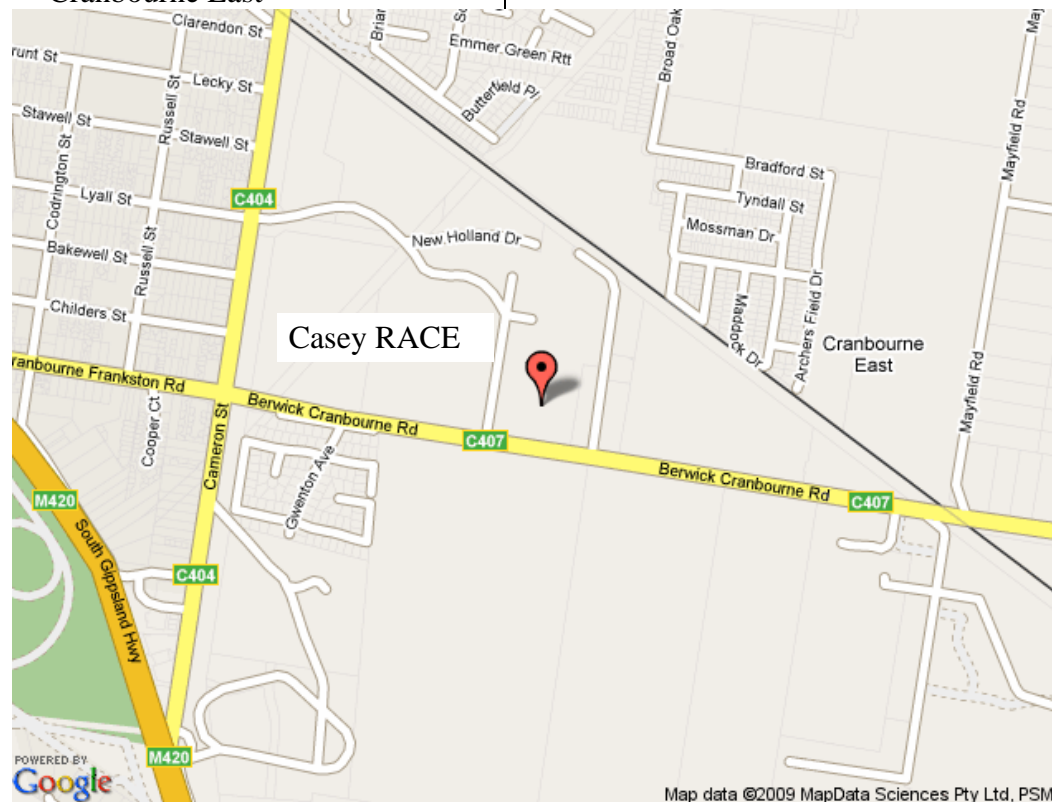
The New Cranbourne Pool Casey Race will open to the public and for TigerSharks training from June 15th 2009.



Casey RACE is located next to
Casey Indoor Leisure Complex.
Berwick-Cranbourne Road,
Cranbourne East



Casey ARC is located next to
Fountain Gate Shopping Centre.
Magid Drive,
Narre Warren



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New Squad Structures

Phase #1 of the new squad structures will start from mid-June. Phase #2 will start when a new coach is found and squad numbers increase to 160 swimmers (We are targeting July –Sept 2009). The club can not afford a new coach without a marginal increase in swimmers first, due to the nature of our organic growth model. In Phase #2 swimmers from Development and State Target will be moved into the new “Junior Squad”.

New Squad Names

Phase #1	Phase #2
Development	Development
	Junior
State Target	State Target
State Youth	State Youth
Senior Competition A Senior Competition B	Senior Competition A Senior Competition B
National Age National Open	National Age National Open

Squad Allocation

Squad allocations have been finalised. There will be no make-up sessions in higher or lower squads for the first month, so coaches can gauge the level and size of each squad for this trial period.

Dryland and Gym sessions are yet to be finalised. If a sessions specifies dryland or gym please bring appropriate clothing.

Note: Please read section at back of this handout regarding High Performance Squad Selection.

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Squad Descriptions Summary

Phase #1 & #2							(mid- June – Sept)
	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 4 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 Fees

There is some very good news with regard to total cost of swimming training. Thanks to the Casey Council and the YMCA, pool entry costs will become considerably cheaper for our club members. As of mid-June when Casey RACE opens the one aquatic membership pass will get you access to BOTH pools. Swimmers will not have to pay separately for entry to each pool. And with the club committee deciding not to increase monthly training fees this means that the actual cost of training is becoming CHEAPER!!

	Squad	Monthly Training Fees	Total Monthly Pool Entry to ARC & RACE	Yearly Club Registration Fee
1	Development	\$64	\$33 TBC	\$130
2	State Target	\$84	\$33 TBC	\$130
3	State Youth	\$94	\$38 TBC Includes Teen Gym.	\$130
4	Senior Competition A	\$105	\$38 TBC Includes Teen Gym.	\$130
	Senior Competition B	\$45		TBC
5	National Age	\$135	\$38 TBC Includes Teen Gym.	\$130
	National Open	\$135		\$130

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

** The YMCA have not confirmed monthly pool entry costs yet. These figures should be close.

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Squad Training Schedule (AS AT June 8th 2009)

(recently changed: Wednesday PM State Youth session. Thursday PM National session.)

The training schedule may be altered at any time due to unforeseen circumstances. The expansion into a new facility and lane space will need to be finely tuned once training at RACE has begun. The club will endeavour to give all families as much notice as possible when a schedule change occurs. Please be patient through this transitional process.

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	6:00-8:00
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/Gym	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			
Development			Call Coach Ben directly with any questions on Mobile: 0413-513-969		
Monday PM	RACE	5:45-7:00			
Wednesday PM	RACE	4:00-5:00			
Friday PM	RACE	6:15-7:15			
Saturday AM	ARC	10:15-11:30			

New Way Of Thinking... about our high performance squads: National & State Youth

From June 15th 2009, our two high performance squads in the TigerSharks will be the National Squad and the State Youth Squad. Both of these squads have the highest expectations in the club in regards to training quality, attendance, motivation and dedication.

Just like a Football or Netball team, selection in the “A Grade” side is dependant on your performance at training over the week. Train well and you may be put up into the A Grade Team or train poorly and play in the B Grade Team. This will now be the same for our 2 high performance squads. If a swimmer is in the National squad and is being disruptive during training, or just not training to their capabilities, they will be asked to train for 1-4 weeks in either the State youth Squad (up to 13 yrs) or the Senior Competition Squad (14+ years). Likewise a swimmer that is doing a fantastic job in the State Youth or Senior Competition Squads may be invited for a stint in the National Squad.

At the end of this set period their training will be assessed by their respective coaches to determine if re-instatement back into their previous squad is in their best interests. Their fees will be adjusted accordingly.

This is a development in the club’s coaching methodology that will be one of the new initiatives in taking the club to the next level of success and performance.

Examples of behaviours that will not be tolerated in either of the high performance squads:

- Lack or required attendance. Minimum average is taken over a 4 week period and looked at regularly.
- Lack of effort. When a swimmer is regularly not training to their capabilities. If a 50m Sprint is requested then nothing less than 100% effort is required. If a swimmer choses to do this at 90% and swim 2 seconds slower than what they are physically capable of, then they are also choosing to not train at that squad’s level. This also applies to main sets and effort or focus on skills. (This obviously does not include injured or sick athletes)
- Disruptive Behaviour. Both the National & State Youth squad have a very high level of technical information being coached in a high paced, and high intensity environment. If a swimmer choses not to listen to the coach, to regularly keep talking when the coach is addressing the squad, or to not concentrate when a new set is being described and therefore makes multiple mistakes, then that swimmer is also choosing not to be in that squad.
- And the opposite is also true. If a swimmer in State Youth or Senior Competition Squad continually demonstrates excellence in these areas then they may be invited for a 1 week stint in the National Squad to experience the next level up. Even though they may not be ready due to speed or age for a permanent move.

Basically these expectations have always been in place, its just that with an expanded squad structure we now have the options available to use this strategy.