

# TigerSharks Squad Program Information (as of 25<sup>th</sup> September 2006)

Squad	Aims	Attendance	Performance Criteria	
<b>National Squad</b>	<ul style="list-style-type: none"> <li>◆ To compete at a National Age or Open level</li> <li>◆ Expected to make the highest level of commitment in the club to their swimming</li> </ul>	<ul style="list-style-type: none"> <li>◆ Minimum average of 8 sessions weekly (7 sessions for 12yr olds)</li> <li>◆ (Ages 12-Open)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Phase 1 = Within 3 seconds of 100m and 6 secs of 200m National Age or Open Times</li> <li>◆ Phase 2 = Within 1.5 seconds of 100m and 3 secs of 200m National Age or Open Times. (Phase 2 starts 2007/8 Winter season)</li> </ul>	
	Aims	Attendance	Performance	Progression
<b>State Squad</b>	<ul style="list-style-type: none"> <li>◆ To qualify for National Age</li> <li>◆ To make finals at State level</li> <li>◆ To compete at a State level</li> </ul>	<ul style="list-style-type: none"> <li>◆ Minimum average 6 sessions weekly (5 sessions 10yr &amp; unders)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Must have current State Qualifying Times (Phase 2)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Upon achieving a National Age qualifying time (+ 5%)</li> <li>◆ At coaches' discretion</li> </ul>
	Aims	Attendance	Performance	Progression
<b>Junior Squad</b>	<ul style="list-style-type: none"> <li>◆ To qualify for State Age</li> <li>◆ To compete regularly at District and State levels</li> </ul>	<ul style="list-style-type: none"> <li>◆ Minimum 4 sessions weekly</li> </ul>	<ul style="list-style-type: none"> <li>◆ Lots of smiling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Upon achieving a State Age qualifying time</li> <li>◆ At coaches' discretion</li> </ul>
	Aims	Attendance	Performance	Progression
<b>Development Squad</b>	<ul style="list-style-type: none"> <li>◆ To master stroke fundamentals in order to move into Junior Squad</li> <li>◆ To compete in local meets</li> </ul>	<ul style="list-style-type: none"> <li>◆ 1-4 sessions weekly</li> </ul>	<ul style="list-style-type: none"> <li>◆ Lots of smiling</li> </ul>	<ul style="list-style-type: none"> <li>◆ At coaches' discretion</li> </ul>

- ◆ There are a limited number of positions in all squads.
- ◆ Allocated squad is at the discretion of the Head Coach at all times.
- ◆ Senior Squad swimmers who do not re-qualify for National Age or Open standards may be moved to the State Squad at the coaches' discretion or have a dual-squad session plan allocated according to lane space limitations. This often results in better quality of training and improved results for that swimmer.
- ◆ At the Head Coach's discretion there may be instances where a swimmer is invited to attend sessions in 2 different squads to better cater for their requirements. However, this is a rare case.
- ◆ Squad structures in growing swimming clubs are constantly evolving. Our structure and criteria reflects that of all major swimming clubs in Australia.
- ◆ Junior, State, National Squad swimmers are expected to attend all targeted meets.
- ◆ Please call Ben directly with any questions. Mobile: 0413-513-969

