



Squad Structure

Development Squad - Joshua Zuill

These swimmers can display foundational elements of all 4 strokes, exercise consistent turns and are wanting to develop into competitive swimmers as their next step

Swimmers are encouraged to attend 2 – 3 sessions per week and require fins, kickboard, pull buoy and a snorkel

Focused on fun and learning



Junior Squad - Dan Busch

These swimmers are aged between 9 – 12 years old and are developing into competitive swimmers across all 4 strokes. Swimmers in Juniors are developing their race skills (faster turns, faster starts) and compete at various meets throughout the season

Swimmers are encouraged to attend 3-4 sessions per week and require fins, kickboard, pull-buoy and a snorkel

Junior Squad focuses on fun and competition



Junior State Squad - Dan Busch

These swimmers are aged between 10-12 years and have or are very close to attaining a Queensland State Swimming Qualifying time. They are developing their race skills as well as their fitness and strength

Swimmers must commit to 5 sessions a week and require fins, kickboard, pull-buoy, paddles and a snorkel

Junior State Squad focuses on training and racing



Target Squad - Alex Webb

Swimmers in the Target Squad are aged 13+ and are working to attain a Queensland State Swimming Qualifying time. Swimmers are developing their race skills as well as their fitness and strength

Swimmers are encouraged to attend 3-4 sessions per week and require fins, kickboard, pull-buoy, paddles and a snorkel

Focus is on training and competing



Senior Squad - Alex Webb

Swimmers in the Senior Squad will have obtained a Queensland State Swimming Qualifying time and are 13+. Swimmers are developing their race skills as well as their fitness and strength

Swimmers must commit to 6 sessions per week and require fins, kickboard, pull-buoy, paddles and a snorkel

Senior Squad focuses on training and competing

