

# ***Clayfield Swimming***

## ***Club Squad Structure***

### **Development Squad (age 7 to 9)**

#### ***Focussed on fun and technique development***

These swimmers can display foundations 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 snorkel.

### **Junior Squad (age 8 to 10)**

#### ***Focuses on fun and skill development***

These swimmers are continuing the development of the four competitive strokes along with increased attention to their racing skill development. Racing skills consist of starts, turns and finishes.

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

### **Junior Comp Squad (age 8 to 11)**

#### ***Focuses on skill development and training***

Swimmers in this squad have shown a commitment to attending both their training sessions as well as regular attendance as a Junior squad swimmer at competitions. The Junior Comp squad offers 1hr30 sessions and although the focus remains on skill development, there is a introduction to training sets increasing in duration and intensity.

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

### **Junior State Squad (age 10 – 12)**

#### ***Focuses on training and racing***

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

## Target State Squad (age 13 and over)

### *Focuses on training and racing*

Swimmers in this squad are unable to commit to the full Senior State program and have the option through this squad to attend 1 – 4 sessions per week. Sessions are 1hr30 and offer a flexible training opportunity for swimmers at a reduced price.

## Senior State Squad (age 13 and over)

### *Focuses on training and racing*

Swimmers in this squad are aiming to, or have already qualified for either Brisbane championships or State championships. Training sessions are focussed on developing racing skills, aerobic training development and laying a foundation for future success in the sport.

Swimmers are encouraged to attend at least 5 – 6 sessions per week, however, more is better.

## National Squad (age 13 and over)

### *Focuses on racing success*

The National squad is only for swimmers who are fully committed to swimming as their primary sport. A minimum of 7 sessions per week must be attended each week without compromise. Training is geared towards performance and takes on a more in-depth training plan spanning periods of 24 to 36 months in preparation to perform at National level.

## Adult Fitness Squad (age 19 and over)

### *Focuses on health & fitness*

This squad is for any swimmers from the age of 19 to 90. We offer training sets for various abilities within the sessions as well as opportunities to do your own workout. It is simply to provide a healthy exercise opportunity in a safe and low impact environment. Great for those recovering from injury or wanting to improve their fitness.

