



Development Squad

The **Development Squad** program provides opportunities for athletes to strengthen the foundations of competitive technique and skills. Development squad sessions continue to focus on the education of competitive technique and race skills in an environment that encourages consistency, learning and enjoyment of racing. For Development squad to progress to District squad, they need to show commitment to training and competition and improve their technique that matches the increased training load of District squad.

2 sessions recommended

*Development squad will be made up of 8 to 12 year olds with similar abilities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9.00-10.30	
PM	6.30-7.30	6.30-7.30	6.30-7.30	6.30-7.30	6.30-7.30		4.30-5.30

TRAINING BREAKS

Development squad will follow the school term and holidays. There will be a school holiday program available for swimmers to continue their training.

EQUIPMENT

- Spare pair of goggles (preferably kept in gear bag)
- Fins
- Pull Buoy
- Pull Band
- Kickboard

COMPETITIONS

Will be selected by the Head Coach at the start of each season (short-course/long-course).

Swimmers are required to be in constant communication with their coach regarding their training, progress and goals.

COACH

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