



## District squad

At this level, **District Squad** swimmers increase the intensity and duration of training, whilst strengthening the foundations of competitive technique and skill. They are exposed to numerous competitions throughout the year and should be aiming to achieve state sprint and state age qualifying times. This level allows swimmers to further develop their strokes and skills.

3 sessions recommended with 5 available

\*District squad will be made up of 10 to 14 year olds with similar abilities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6.00-7.30			9.00-10.30	
PM	6.30-8.00	6.30-8.00	6.30-8.00	6.30-8.00			3.30-5.00

## **TRAINING BREAKS**

District squad will follow the school term and holidays. There will be a school holiday program available for swimmers to continue their training. Gear bags are kept in a lockable storage shed on site

## **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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