

National Squad

National Squad is a performance based squad where the swimmers are fully committed to training and competing at a high national standard. National squad swimmers must maintain a program to improve their swimming and target Nationals. Swimmers in National Squad are expected to make a full commitment to the training and competition schedule as set by the Head Coach.

7 to 9 sessions recommended depending on age

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30-7.30	5.00-6.00 Gym 6.00-7.30 Swim		5.00-6.00 Gym 6.00-7.30 Swim	5.30-7.30	7.00-9.00	
PM	4.30-6.30	4.30-6.30	4.30-6.30	4.30-6.30			

TRAINING BREAKS

In conjunction with our 48-week year, National and State will have a 2 week break after the State Championships in December that will match up with the Christmas and New Year period. The following 2-week break will be after the National Championships in April. These breaks will be adjusted if dates of Championships change.

EQUIPMENT

- Spare pair of goggles (preferably kept in gear bag)
- Short blade fins (DMC)
- Pull Buoy
- Paddles
- Pull Band
- Kickboard
- Snorkel
- Parachute
- Thera-Bands
- Skipping rope

Gear bags are kept in a lockable storage shed on site

COACH

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