



District squad

At this level, 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. In relation to the current model, this will be a combination of the older Junior A and younger District squad members.

| | 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.

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)

COMMUNICATION

The first access point for all important club information is **Team App**, this app is available for free from the app store and supports both iPhones and android formats. We ask that all swimmers and parents download the app and first search for “Northcote Swimming Club”. This will send a “member request” which will then be approved by the the club and access will be allocated. The other source of up to date Northcote information is on Facebook and the Northcote Swimming Club website.

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