



State Squad

The State squad is designed for swimmers who have achieved state age or open qualifying times (state sprints is not included with selection process) and to assist athletes working towards achieving National qualifying times. State squad creates an environment that builds upon the competitive technique and skills developed in District or State Youth Squads. In addition to this, swimmers will also begin to develop their aerobic and anaerobic capacities in preparation for successful transition into National squad. Swimmers are expected to make a full commitment to the training and competition schedule as set by the Head Coach.

5 to 8 sessions recommended depending on age

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.00-7.30	5.15-6.00 Gym 6.00-7.30 Swim	6.00-7.30	5.30-7.30	7.00-9.00	
PM	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 1 week break after the State Championships in December that will match up with the Christmas and New Year period. The following 3-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

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.