



State Youth Squad

The **State Youth Squad** provides opportunities for athletes 13+ years with a goal of achieving state times. State Youth Squad swimmers should attend 6 sessions per week. Swimmers will develop all aspects of stroke technique, fitness and race skills with a focus on race strategy as they prepare for their competitions.

Minimum requirement of 4 sessions but should discuss personal swimming goals/aspirations with state youth coach to increase sessions.

	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		9.00-10.30	
PM	6.30-8.00	6.30-8.00		6.30-8.00			

TRAINING BREAKS

State Youth 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)
- Short blade fins (DMC)
- Pull Buoy an Pull Band
- Paddles
- 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).

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

COACH

Brayden Dunstan - brayden.dunstan@ymca.org.au