

State Youth Squad

The **State Youth Squad** provides opportunities for athletes 13+ years with a goal of achieving state times but understands athletes may have other commitments. State Youth Squad swimmers may attend between 2 and 7 sessions per week with the required number of sessions determined by the coach together with the athlete, based on age, personal goals/aspirations, background and ability. 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 3 sessions but should discuss personal swimming goals/aspirations with state youth coach to increase sessions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30-7.30	6.00-7.30		6.00-7.30	5.30-7.30	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.

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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